



JERNEJ KITCHEN

CRISPY BAKED CHICKEN TENDERS

This Crispy Baked Chicken Tenders recipe is a quick and easy midweek lunch or dinner. The meat is juicy and crispy, baked in an oven in under 30 minutes.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
BAKE:	15	MINUTES
TOTAL TIME:	25	MINUTES

BAKED CHICKEN TENDERS

60 g (1 cup) panko breadcrumbs

1 tbsp olive oil (for toasting
breadcrumbs)

1 tsp olive oil (for the breadcrumb
mixture)

20 g (1/4 cup) grated parmesan
cheese

1/2 tsp paprika powder

1/2 tsp garlic powder

1 large egg

1 tbsp milk

3 tbsp all-purpose flour

400 g (1 pound) chicken tenders

TOOLS AND EQUIPEMENT

large baking sheet

parchment paper

wire rack

skillet (optional)

3x deep plate

bowl

kuhinjske oprijemalke

PREPARATION

Arrange the rack one position higher than the middle of the oven, then preheat the fan-assisted oven to 230 °C / 445 °F or the conventional oven to 240 °C / 465 °F. Line a baking sheet with parchment paper, then place a wire rack on top. Spray the wire rack with cooking oil or gently brush with oil using a kitchen brush.

OPTIONAL (FOR MORE CRISPINESS)

Place a large skillet with olive oil over medium heat. Add the panko breadcrumbs and pan-fry for 5 minutes or until golden-brown. Stir from time to time.

COAT THE MEAT

Place the panko breadcrumbs (cooled) into a large deep plate. Add the paprika powder, garlic powder, oil, and grated parmesan cheese. In a separate deep plate, whisk together an egg and milk. Add the flour to the third plate. Place the chicken tender into a bowl and season with salt and pepper. Coat the chicken tenders. Working one at a time, coat each tender in the flour, then dip into the egg mixture, and lastly coat in the breadcrumb mixture. Shake off excess. Transfer the chicken to the prepared baking sheet and repeat with the remaining pieces.

BAKE IN THE OVEN

Place the baking sheet with the chicken into the preheated oven. Bake for 14 - 16 minutes. Using kitchen tongs, flip the chicken once halfway through baking. When the chicken tenders are crispy and golden brown, remove them from the