



JERNEJ KITCHEN

CORN FLAKES CHICKEN TENDERS

Corn Flakes Chicken Tenders is a simple recipe for a crunchy, juicy, delicious dinner. Make them in an oven, air fryer, or deep-fry them.

SERVES	6	PEOPLE
PREPARATION:	15	MINUTES
BAKE:	10	MINUTES
TOTAL TIME:	25	MINUTES

SAUCE

- 160 g (2/3 cup) mayonnaise
- 100 g (1/2 cup) mustard
- 2 tbsp apple cider vinegar
- 140 g (3/8 cup) honey

CORN FLAKES CHICKEN TENDERS

- 720 g (1.6 pounds) Chicken Breast Tenderloins
- 1 tsp garlic powder
- 1 tsp paprika powder
- 1 tbsp lemon juice, freshly squeezed
- 250 g (1/2 pound) corn flakes
- 1 tbsp olive oil
- 100 g (3/4 cup) all-purpose flour
- 4 eggs

TOOLS AND EQUIPEMENT

- small bowl
- large bowl
- baking sheet or airfryer
- plates

Sponsored

HONEY MUSTARD SAUCE

In a small bowl, stir to combine mayo, mustard, apple cider vinegar and honey. Season with salt and pepper and set aside.

CHICKEN

Add the meat to a large bowl. Season with salt, garlic powder, paprika powder, pepper and lemon juice. Stir using thongs and set aside until needed.

PREPARE THE BAKING SHEET / AIR FRYER

Arrange the rack one position higher than the middle of the oven, then preheat the fan-assisted oven to 210 °C / 410 °F or the conventional oven to 230 °C / 445 °F. Line a baking sheet with parchment paper, then place a wire rack on top. Instead of an oven, feel free to use an airfryer.

CHICKEN TENDERS

Add the cornflakes to a large bowl and crush them with your hands. Leave a few bigger pieces here and there. Add the oil and stir to combine. Add flour to a separate plate. Add eggs to a third plate and whisk using a fork. Coat each chicken tenderloin in flour, dip in eggs, and coat in corn flakes. Shake off excess. Transfer the chicken to the prepared baking sheet and repeat with the remaining pieces.

PANIRANJE

Place the baking sheet with the chicken into the preheated oven. Bake for 14 - 16 minutes in a fan-assisted oven to 210 °C / 410 °F or in the conventional oven to 230 °C / 445 °F. If you plan on using an air fryer, bake the chicken tender for 10 minutes at 180 °C / 350 °F or until the chicken is golden outside and has an internal temperature of 64°C / 148 °F.

Serve with honey mustard sauce and a side dish.