

Panko-Crumbed Chicken Tenders



Preparation time: 75 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Lunch Recipes, Kid Friendly



Ingredients

PANKO CRUMBED CHICKEN TENDERLOINS

- Olive oil spray
- 1 egg
- ½ cup (125 ml) buttermilk
- 3 tbsp plain flour
- Sea salt, to season
- Zest of 1 lemon
- 1 ½ cups (150 g) panko style breadcrumbs
- ½ cup (50 g) parmesan cheese, grated
- 500 g chicken tenderloins

SOFT BOILED EGG, BEANS AND GREEN SALAD

- 2 cups green beans, tailed
- 6 eggs
- 2 cups snow pea tendrils (or salad leaves of your choice)
- 1 avocado, thinly sliced
- Half a Lebanese cucumber, thinly sliced
- 1 cup mint leaves
- ¼ cup (25 g) pistachios, finely chopped

HONEY MUSTARD VINAIGRETTE

- 1 tbsp honey
- 1 tbsp Dijon mustard
- ¼ cup (60 ml) extra virgin olive oil
- ¼ cup (60 ml) lemon juice
- Salt, to season

Method

To make the panko-crumbed chicken tenderloins:

1. Preheat oven to 200 C (390 F). Place a wire rack onto an oven tray and lightly grease with olive oil. Set aside
2. Place the egg, buttermilk, flour, salt and lemon zest into a bowl and stir thoroughly to combine. Add the chicken tenderloins and mix thoroughly to combine
3. Place the panko breadcrumbs and parmesan cheese onto a large plate and mix to combine
4. One at a time, remove the tenderloins from the batter (allowing excess to drip off) and carefully dredge through the panko breadcrumbs ensuring the tenderloin is completely covered. Transfer to prepared wire rack and repeat with remaining tenderloin
5. Lightly spray the chicken with olive oil spray. Bake for 12-15 minutes (depending on size of tenderloin) or until the chicken is golden and cooked through. Set aside

To make the soft-boiled egg, beans and green salad:

1. Prepare an ice bath. Set aside
2. Bring a large pot of water to the boil, add the green beans and cook for 1 minute. Using tongs, carefully remove the beans from the water and place directly into ice bath to cool. Once cool, set aside
3. Bring the pot of water to the boil again then reduce heat to simmer. Carefully add 6 eggs and cook for 7 minutes. Carefully remove eggs and place into ice bath until cool enough to handle. Peel eggs and gently slice in half. Set aside
4. To make the vinaigrette: place the honey, Dijon mustard, olive oil, lemon juice and salt into a jar and shake until combined. Set aside
5. To assemble the salad: Place the green beans, snow pea tendrils, avocado, cucumber, mint leaves, pistachios and half the dressing into a large bowl. Gently toss to combine. Arrange salad on a serving platter, top with soft boiled eggs, remaining dressing and a grinding of black pepper. Serve salad alongside panko-crumbed chicken tenderloins

Recipe by Kayla Sciacca

Notes

Not sure how to boil eggs to your liking? Watch our easy guide to get it right every time!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
515g	3320kJ 793kcal	55.8g	40.4g	9.3g	46.4g	14.1g	821mg	9.3g