



Panko Parmesan Chicken Tenders with Ranch Dipping Sauce

Ingredients

Ingredients for the Ranch Dipping Sauce:

- ¼ cup whole egg mayonnaise
- ¾ cup light sour cream
- 3 tbsp fresh lemon juice
- Tucker Fresh Garlic and Herb Chip Salt, add your ideal salt level
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp dried parsley

Ingredients for the Panko Chicken Tenders:

- 2 heaped tbsp plain flour
- 2 eggs, whisked
- 600g chicken tenders or strips
- 1 cup panko crumbs
- Tucker Fresh Chipotle Chip Salt, add your ideal salt level
- 40g parmesan cheese, finely grated
- 2 generous sprays olive oil

Prep time 20 min.

Cooking time 15 min.

Serves 4

Method

1. Preheat the oven to 180 degrees Celsius.
2. First make the dipping sauce by thoroughly mixing all the sauce ingredients in a bowl then it set aside in the fridge.
3. Prepare a large shallow baking tray with baking paper and spray it generously with oil.
4. Set 3 plates up for crumbing the chicken. One plate with flour, one with whisked eggs and one with a combined mixture of panko crumbs, Chipotle Chip Salt and parmesan.
5. Coat the chicken generously in flour, then egg, then the crumb mix.
6. Lie the crumbed chicken in a single layer on the tray.
7. Spray the crumbed chicken generously with oil.
8. Put the tray in the oven for 10 minutes. Turn the chicken over then cook for another 5 minutes or until the crumbs are golden and the chicken is well cooked inside.
9. Serve chicken tenders with ranch dressing and your side dishes.