

Healthy Lunch Box recipe

Super crispy chicken fingers



Ingredients

1¾ cups panko breadcrumbs
Olive oil spray
1 egg
2 tbsp reduced-fat milk
1 tbsp mayonnaise
1½ tsp Dijon mustard
2 tbsp plain flour
500g chicken tenderloins
Salt & pepper

Method

Preheat oven to 200°C. Spread breadcrumbs onto a baking tray. Spray carefully with oil and bake for 3 to 5 minutes until light golden. Transfer to a bowl.

In a medium bowl, add the egg, milk, mayonnaise, mustard, flour and a little salt and pepper. Whisk with a fork until well combined. Add a chicken tender to the batter and toss to coat. Toss in the breadcrumbs and press gently into the chicken. Place on a lined baking tray. Repeat with remaining chicken.

Spray carefully with oil and bake for 10-15 minutes or until cooked through and golden brown.

Serve with a fresh garden salad.

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healthylunchbox.com.au



Cancer Council
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