



PREP
10 min

COOK
15-18 mins

SERVES
4

Crunchy Chicken Tenders with Yogurt Ranch



INGREDIENTS

CHICKEN TENDERS:

400 g Broad Oak Farms chicken breast, sliced into tenders
1 cup White Mill breadcrumbs
½ cup Westacre Dairy parmesan cheese, grated
1 Lodge Farms egg
¼ cup Farmdale full cream milk
1 tsp Stonemill garlic powder
1 tsp Stonemill paprika
¼ tsp Stonemill salt
Stonemill pepper, to taste
The Olive Tree extra virgin olive oil spray

YOGHURT RANCH:

½ cup Lyttos Greek Style natural yogurt
1 tsp Stonemill dried chives
1 tsp Stonemill dried parsley
½ tsp Stonemill garlic powder
Stonemill pepper, to taste



METHOD

1. Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper.
2. In a shallow bowl, whisk together the egg and milk.
3. In another bowl, combine the breadcrumbs, grated parmesan, garlic powder, paprika, salt, and pepper to taste.
4. Dip each chicken tender into the egg mixture, then into the breadcrumb mixture, pressing to coat well.
5. Place the coated tenders on the prepared tray and spray lightly with olive oil.
6. Bake for 15-18 minutes, or until golden and cooked through.
7. Meanwhile, make the yoghurt ranch by mixing the yogurt, chives, parsley, garlic powder, and pepper in a small bowl.
8. Serve the chicken tenders with the yoghurt ranch for dipping.



For extra crunch, lightly toast the breadcrumbs in a dry pan before coating the chicken.



Good Different