

Crispy Parmesan Chicken Tenders

These Crispy Parmesan Chicken Tenders are golden and crispy on the outside, while remaining tender and juicy on the inside.

A delicious twist on a classic favorite, perfect for a satisfying crunch.


30 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast, 1/2 cup breadcrumbs, 1/4 cup grated parmesan cheese, 1/2 tsp garlic powder, 1/2 tsp paprika, Salt and pepper to taste, 1 egg

Steps

1

Preheat oven to 400°F (200°C). 2. Cut the chicken breast into strips. 3. In a bowl, mix breadcrumbs, parmesan cheese, garlic powder, paprika, salt, and pepper. 4. In another bowl, beat the egg. 5. Dip each chicken strip into the egg, then coat with the breadcrumb mixture. 6. Place the coated strips on a baking sheet. 7. Bake for 15–20 minutes until golden and crispy. 8. Serve hot with your favorite dipping sauce.