

Crispy Pickle Chicken Tenders

These Crispy Pickle Chicken Tenders are a unique twist on the classic chicken tenders with the tangy flavor of pickles. They are crunchy on the outside and juicy on the inside, making them a delicious and fun meal!



Main Dish

30 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- 1 chicken breast, 1/2 cup dill pickle juice, 1/2 cup all-purpose flour, 1/2 cup breadcrumbs, 1 egg, salt, pepper, oil for frying

Steps

- 1 Cut the chicken breast into strips and marinate in pickle juice for 30 minutes.
- 2 In one bowl, beat the egg. In another bowl, combine the flour, breadcrumbs, salt, and pepper.
- 3 Dip each pickle-marinated chicken strip in the egg, then coat with the breadcrumb mixture.
- 4 Heat oil in a pan and fry the coated chicken strips until golden brown and cooked through.
- 5 Serve hot with your favorite dipping sauce.