

Foodie Friday – Colin Flanner’s Panko Breaded Chicken Tenders



Ingredients:

1 pack of chicken breast tenders
1 egg
A dribble of milk
Salt, pepper, chicken seasoning
Panko bread crumbs
2 heads of organic broccoli
Vegetable oil
Garlic
Onion

Recipe:

- Preheat oven to 375° F
- Rinse the chicken tenders in the sink with cold water
- Rinse the broccoli heads in cold water
- Prep a baking sheet with foil, brush on a small amount of vegetable oil to ensure the tenders do not stick to the pan
- Crack the egg into a bowl and add a 'dribble' of milk (a teaspoon or less) and whisk until an even yellow color
- Combine panko breadcrumbs, salt, pepper, chicken seasoning into a zip lock bag and shake until well mixed
- Pour the panko-seasoning mixture into a bowl

- Dip each tender into the egg and milk mixture, coating both sides; then dip each tender into the panko mixture evenly coating both sides; then place each crusted tender onto the baking sheet
- Put baking sheet with chicken tenders into the oven for 15-20 minutes
- Prep a frying pan to cook the broccoli
- Add a small amount of vegetable oil and pinch salt to the pan
- Chop up 3 cloves of garlic and 1 small onion
- Sautee the garlic and onion until aromatic
- Throw the broccoli into the pan and stir into the onion, garlic, oil and salt mixture.
- Sautee until broccoli is tender but still somewhat crisp
- Optional: add some red wine vinegar and some powdered ginger to the pan at the very end for added flavor
- Optional: cook 1 cup of rice as a side.
- *Warm up a plate in the microwave for 30 seconds and serve!*