

## **CRUMBED CHICKEN TENDERS**

Gluten Free, Dairy Free,  
Low Chemical

**Serves 4**

### **Ingredients:**

500g chicken tenderloins

1 egg

Generous amount of canola oil



### **Choose ONE of these crumbing batters**

2 Tblsp brown rice flour  
150g Sakata plain rice crackers  
¼ tsp salt  
¼ tsp citric acid

OR  
2 Tblsp brown rice flour  
2 cups Gluten Free Special K

### **Method:**

- Slice each tenderloin in half, length ways
- Crack the egg into a bowl and lightly whisk it
- Choose one of the crumbing batters
  - Sakata choice: place the 4 ingredients into a blender and blend until the Sakata have been ground down
  - Special K choice: place the 2 ingredients into a blender and blend until the cereal is roughly ground
  - Alternatively, you can place the ingredients into a zip lock bag and roll a rolling pin over them to crush the Sakata or the Special K
- When the crumb is prepared, take each chicken strip and place it into the beaten egg to completely coat the chicken
- Roll the chicken in the crumb
- Cover the base of a fry pan in oil and heat until the oil starts to shimmer.
- Then add the strips of chicken and cook on one side for about 5 minutes before turning it over, to cook the other side
- When browned and cooked through, remove from the stove and place on paper towel to drain away some of the fat before eating.

### **Suggested uses:**

- Eat with suitable aioli, as pictured, for a snack
- Use in wraps for lunch
- Cut into salads for lunch
- Serve with vegetables for dinner