



REMEDY
KITCHEN

Spicy crunch on the outside, tender on the inside. These tenderloins are a fantastic way to bring the wow factor to any meal. They're a great addition to any salad, roast vegetables, bao buns or chicken burger! Options are endless, get creative...



Fried Chicken Tenderloins & dipping sauce

Ingredients

500G Chicken Tenderloins

Remedy Kitchen SSM

Buttermilk

3 Tablespoons of Olive Oil

Handful of Continental Parsley

Dipping Sauce

1/2 Cup Kewpie mayonaise

1 teaspoon Sriracha Hot Chilli Sauce
(2 teaspoons, if you like it really spicy)

Method

Step 1

Coat chicken tenderloins in buttermilk (an egg wash is a good alternative). Roll chicken in Superb Seasoning Mix.

Step 2

Heat a generous amount of oil in a frypan on a medium to low heat.

Step 3

Cook each side for 4 minutes (dependant on size) until golden and delicious.

Step 5

While the chicken is in the pan - prep your dipping sauce.

Hot tip — Pardon the pun! When working with oil if you notice there's too much heat in the pan the only way to lower the temperature quickly is by adding more oil. Nobody wants burnt chicken!

Healthy tip — If you are wanting to avoid cooking with oil you can always pop these in the oven instead. Simply place seasoned chicken tenders on a baking sheet in a single layer. Cook for 20 to 25 minutes depending on size, in a fan forced oven at 180 degrees.

ENJOY X

Mel ♥

THE BEST CURE IS A NOURISHING BOWL
FROM A CARING KITCHEN

VISIT REMEDY KITCHEN ON SOCIAL

@/RMDY_KTCN  /RMDYKTCN

FOR MORE RECIPES VISIT

[REMEDYKITCHEN.COM.AU](https://www.remedykitchen.com.au)