



Crispy Parmesan Chicken Tenders

Ingredients

Chicken Tenders

Chicken tenders (2 lbs)
Buttermilk (1 pint)
Parmesan cheese (2 cups shredded)
Italian breadcrumbs (2 cups)
Cornmeal (3 tbsp) & Cornstarch (3 tbsp)
Lemon zest (1 ½ tbsp)
Salt and black pepper (1/2 tsp-1 tsp)

Aioli Sauce

Mayonnaise (3/4 cup)
Garlic (3 cloves)
Lemon juice (1 whole lemon)
Red pepper (1)
Tomato paste (1 tbsp)
Olive oil (just a drizzle)
Non-extra virgin olive oil (1 pint)

How to Prepare

Marinate chicken breasts by putting them in a bowl with the buttermilk, stir, and let that sit in the refrigerator for a few hours. For the breading, pour breadcrumbs, Parmesan cheese, lemon zest, cornmeal, and cornstarch into a bowl. Stir ingredients with a fork, then put ground pepper over it, stir again and set aside at room temperature. For the aioli dipping sauce, put mayonnaise, lemon juice, minced garlic, half of the minced red pepper, and tomato paste in the dish. Add in about half a teaspoon of black pepper, stir ingredients together and let it sit for a couple hours while the chicken is marinating. After a few hours, take the chicken out of the refrigerator and set them on a plate. Put some salt on top of the chicken, add black pepper, olive oil and turn them in the seasonings and repeat on the other side. Then, set the chicken in the refrigerator to marinate again. After 30 minutes, it's time to bread the chicken. Using tongs, put chicken in breading to cover them, making sure to press the breading onto the chicken. On the stove, have the one-pint of non-extra virgin olive oil set at 375 degrees and ready for frying the chicken breasts. Using tongs put in about 4 chicken tenders at a time and cook until golden brown. Enjoy!

Bon Appétit!