

Cap'n Crunch® Chicken Tenders

Ingredients

- 3 chicken tenders, split 1- 1 ¼ oz wt (no more than 15% marinade)
- 2 cups all-purpose flour
- 4 tsp salt, kosher
- 2 cups egg wash
- 2 qt Cap'n Crunch® Original
- 4 tsp black pepper, 34 mesh

How to make it

1. Use 15% marinated tenders, if tenders are larger than approx. 1 ¼ oz wt they need to be cut into correct weights lengthwise. Preheat fryer to 350°F.
2. Add salt to all-purpose flour and mix to incorporate.
3. Mix ground cereal with black pepper and separate cereal into two separate containers. Set one aside for dredging the cooked chicken right out of the fryer.
4. Dredge chicken in flour, then in egg, and lastly in the cereal. Place on pan lined and cereal dusted half sheet trays (if using marinated tenders do not do more than 2 hours in advance).
5. Strips: Fry at 350°F for 2 min 15 sec to 2 min 45 sec or until the internal temperature reaches 165°F. Toss immediately in fresh cereal right out of the fryer. Serve immediately.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	5 min	15 min	12

Made with



Cap'n Crunch® Original