

Baked Chicken Tenders



Serves	4
Prep time	20 minutes
Cook time	20 minutes
Total time	40 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Lunch Box , Main Dish , Savoury Snack
Misc	Freezable , Pre-preparable , Serve Cold , Serve Hot
Occasion	Birthday Party , Casual Party
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Ingredients

- 60g Smith's Original Chips (or other suitable plain chips)
- 60g Rice Bubbles (or other suitable rice puff cereal)
- 20g buckwheat flour
- 500g chicken breast fillet
- 1 egg (lightly beaten)
- pinch salt
- Canola oil spray (or other suitable oil spray)

Directions

1. Preheat the oven to 180°C and line a baking tray with baking paper.
2. Crush the chips and Rice Bubbles then combine with the flour and salt in a medium sized bowl.
3. Slice the chicken fillets into strips.
4. Dip each strip of chicken in the egg then coat in the crumb mixture and place on the prepared tray. (If not cooking straight away, cover and store in the fridge until ready.)
5. Lightly spray with oil and cook for 15 - 20 minutes, turning after 10 minutes.
6. Serve immediately while hot.
7. Can also be served cold and is suitable for lunch boxes.



Note

Low Chemical / FAILSAFE, Gluten-free

This recipe will be gluten-free if the chips and rice puffs used in this recipe are gluten-free.

These can be frozen and added to lunch boxes. They would also make great party / finger food.