

Crispy Greek Chicken Tenders - Zesty, Crunchy & Oven-Baked to Perfection

Crispy Greek Chicken Tenders



OVEN
425°F

TIME
25 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Chicken Tenders:

- 1½ lbs chicken tenders
- 1 cup plain Greek yogurt
- 2 tbsp fresh lemon juice
- 1 tbsp red wine vinegar
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp dried oregano
- 1 tsp dried thyme
- ½ tsp smoked paprika
- Salt and pepper, to taste

For the Coating:

- 1½ cups panko breadcrumbs
- ½ cup grated Parmesan cheese
- Olive oil spray or cooking spray

For Serving (Optional):

- Lemon wedges
- Tzatziki sauce
- Chopped parsley or dill

DIRECTIONS

1. Marinate the Chicken: In a large bowl, whisk together:
2. Greek yogurt
3. Lemon juice
4. Red wine vinegar
5. Olive oil
6. Garlic
7. Oregano
8. Thyme
9. Paprika
10. Salt and pepper
11. Add chicken tenders and toss to coat. Cover and marinate in the fridge for at least 1 hour, or overnight for deeper flavor.
12. Preheat the Oven: Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper and place a wire rack on top. Lightly grease the rack.
13. Coat the Tenders: In a shallow dish, mix:
14. Panko breadcrumbs
15. Parmesan cheese
16. Remove tenders from marinade, letting excess drip off. Dredge in the panko-Parmesan mixture, pressing to coat evenly.
17. Bake: Arrange breaded chicken tenders on the prepared rack. Lightly spray tops with olive oil or cooking spray. Bake for 20-25 minutes, flipping halfway, until golden and cooked through.
18. Serve: Serve warm with:
19. Lemon wedges
20. A side of tzatziki

21. Optional fresh herbs like parsley or dill for garnish

More recipes: ChefManiac.com

Original recipe: <https://chefmaniac.com/crispy-greek-chicken-tenders-zesty-crunchy-oven-baked-to-perfection/>