

## Better Than Takeout - Crispy Parmesan Chicken Tenders You Can Make at Home

crispy, golden chicken tenders



CRISPY PARMESAN  
CRUSTED CHICKEN TENDERS

OVEN  
**400°F**

TIME  
**30 min**

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SAVE  
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### INGREDIENTS

- 1 lb chicken tenders
- 1 cup all-purpose flour
- 2 eggs, beaten
- 1 cup panko breadcrumbs
- $\frac{1}{2}$  cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp onion powder
- $\frac{1}{2}$  tsp smoked paprika
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp black pepper
- 2 tbsp butter, melted (optional, for extra crispiness)
- ... cup vegetable oil (for frying)

#### Step-by-Step Instructions:

1. Set Up the Breading Station:

Bowl 1: All-purpose flour.

Bowl 2: Beaten eggs.

Bowl 3: A mix of panko breadcrumbs, grated Parmesan cheese, garlic powder, onion powder, smoked paprika, salt, and black pepper.

2. Coat the Chicken:

Flour - Lightly coat and shake off excess.

Egg wash - Ensures the breadcrumb mixture sticks.

Parmesan-panko mixture - Pressing firmly to create a thick, crunchy crust.

3. Heat the Oil:

4. Fry to Crispy Perfection:

5. Optional: Brush with Melted Butter:

6. Serve Hot with Dipping Sauces:

Ranch dressing - The coolness balances the crispy, savory tenders.

Honey mustard - The perfect mix of sweet and tangy.

Marinara sauce - For an Italian-inspired twist.

Spicy sriracha mayo - If you love a little heat!

Pro Tips for the Best Chicken Tenders:

Use panko breadcrumbs - They make the coating crispier than regular breadcrumbs.

Don't skip the Parmesan - It adds extra flavor and crunch to the breading.

Keep the oil at the right temperature - If too low, the tenders absorb oil and turn greasy; too high, and they burn before fully cooking.

Want an air-fryer version? Air-fry at 400°F (200°C) for 12-14 minutes, flipping halfway.

What to Serve with These Chicken Tenders:

## DIRECTIONS

1. Set Up the Breading Station: I start by preparing three separate bowls for coating the chicken tenders:
2. Bowl 1: All-purpose flour.
3. Bowl 2: Beaten eggs.
4. Bowl 3: A mix of panko breadcrumbs, grated Parmesan cheese, garlic powder, onion powder, smoked paprika, salt, and black pepper.
5. This setup makes it easy to coat the chicken properly for maximum crispiness.
6. Coat the Chicken: I take each chicken tender and coat it in the following order:
7. Flour - Lightly coat and shake off excess.
8. Egg wash - Ensures the breadcrumb mixture sticks.
9. Parmesan-panko mixture - Pressing firmly to create a thick, crunchy crust.
10. Heat the Oil: In a large skillet, I heat ... cup vegetable oil over medium heat. You want the oil hot enough to sizzle when the chicken touches it, but not so hot that the coating burns before the inside cooks.
11. Fry to Crispy Perfection: I carefully place the coated chicken tenders into the hot oil, making sure not to overcrowd the pan. I cook them for 3-4 minutes per side, until they're golden brown and crispy.
12. Once done, I transfer the tenders to a paper towel-lined plate to drain excess oil.
13. Optional: Brush with Melted Butter: For extra crispiness and a rich, buttery flavor, I like to brush the tenders with melted butter while they're still warm.
14. Serve Hot with Dipping Sauces: These tenders are best

served fresh and crispy, paired with your favorite dipping sauces. Some of my go-to choices include:

15. Ranch dressing - The coolness balances the crispy, savory tenders.
16. Honey mustard - The perfect mix of sweet and tangy.
17. Marinara sauce - For an Italian-inspired twist.
18. Spicy sriracha mayo - If you love a little heat!
19. Pro Tips for the Best Chicken Tenders: Use panko breadcrumbs - They make the coating crispier than regular breadcrumbs.
20. Don't skip the Parmesan - It adds extra flavor and crunch to the breading.
21. Keep the oil at the right temperature - If too low, the tenders absorb oil and turn greasy; too high, and they burn before fully cooking.
22. Want an air-fryer version? Air-fry at 400°F (200°C) for 12-14 minutes, flipping halfway.
23. What to Serve with These Chicken Tenders: These crispy tenders go great with:
24. French fries or sweet potato fries - Classic pairing!
25. Mac and cheese - Because cheesy comfort food + crispy chicken = perfection.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/better-than-takeout-crispy-parmesan-chicken-tenders-you-can-make-at-home/>