

Crispy Chicken Tenders That Turn Out Golden and Crunchy Every Time

1 1/2 pounds chicken tenders or chicken breasts cut into strips



OVEN
425°F

TIME
5 to 10 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 1/2 pounds chicken tenders or chicken breasts cut into strips
- 1 cup all-purpose flour
- 2 large eggs
- 2 tablespoons milk
- 1 1/2 cups breadcrumbs or panko breadcrumbs
- 1/2 cup grated Parmesan cheese, optional
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried Italian seasoning
- Vegetable oil, for frying

DIRECTIONS

1. Pat the chicken dry with paper towels.
2. Set up three shallow bowls. In the first, add the flour. In the second, whisk together the eggs and milk. In the third, combine the breadcrumbs, Parmesan, garlic powder, onion powder, paprika, salt, pepper, and Italian seasoning.
3. Dredge each chicken piece in the flour, then dip into the egg mixture, then coat fully in the breadcrumb mixture.
4. Place the breaded chicken on a plate or tray and let it rest for 5 to 10 minutes so the coating adheres better.
5. Heat about 1 inch of oil in a large skillet over medium heat until hot.
6. Fry the chicken tenders in batches for about 3 to 4 minutes per side, depending on thickness, until golden brown and cooked through.
7. Transfer to a paper towel-lined plate or wire rack.
8. Serve hot with your favorite dipping sauces.

SWAPS & NOTES

This recipe is easy to adapt based on what you have and how you like your chicken.

Panko breadcrumbs give the crispiest finish, but regular breadcrumbs work too.

Parmesan adds extra savory flavor, but you can leave it out for a more classic tender.

Chicken breasts cut into strips work just as well as packaged tenders.

TIPS FOR SUCCESS

The biggest secret to crispy chicken tenders is not rushing the breading process.

Press the crumbs onto the chicken so the coating sticks well, and let the breaded pieces rest briefly before cooking.

That little pause helps the crust stay in place.

Keep the oil at a steady temperature.

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

Original recipe: <https://chefmaniac.com/crispy-chicken-tenders-that-turn-out-golden-and-crunchy-every-time/>