



Knorr
PROFESSIONAL

Best IN THE BUSINESS

PRESTON WALKER | ELDERLY CARE | 10 SERVINGS

BUTTERMILK FRIED CHICKEN TENDERS

INGREDIENTS

FOR THE BUTTERMILK CHICKEN MARINADE

700g Chicken breast

500g Buttermilk

15g Knorr Professional Chicken Bouillon Powder

5g Smoked paprika

5g Black pepper, cracked

5g Cayenne pepper

5g Onion salt

FOR THE BUTTERMILK CHICKEN COATING

300g Plain flour

5g Smoked paprika

5g Pepper, cracked

5g Cayenne pepper

5g Onion salt

TO FINISH

10g Knorr Professional Chicken Powder Bouillon

METHOD

FOR THE BUTTERMILK CHICKEN MARINADE:

- Place buttermilk into a bowl and whisk in the KNORR Professional Chicken Bouillon Powder, paprika, black pepper, cayenne pepper, and onion salt.
- Cut the chicken breast into strips then marinate in the buttermilk for a minimum of 4 hours (preferably longer) in the fridge.

FOR THE BUTTERMILK CHICKEN COATING:

- Add the flour to a bowl and season with the dry ingredients.
- Coat the chicken strips in the flour ensuring they are completely coated.
- Deep fry at 170°C for 6 minutes or until cooked throughout.

TO FINISH:

- Dust the cooked chicken with KNORR Professional Chicken Powder Bouillon before serving.
- Serve alongside a side salad, coleslaw and a lemon wedge.