

# CrispLid Chicken Tenders



**Caroline Chambers**  
Website

★★★★★ (2 'Reviews)

Chicken tenders have never been so easy to make, thanks to the CrispLid. All you need is chicken, salt, pepper, egg, and bread crumbs and you've got happy hour or snack time in the bag. Coat the chicken pieces with salt and pepper, then egg, then bread crumbs. Place them under the CrispLid, and in 12 minutes you have crispy chicken tenders! Serve with your favorite dipping sauce.



**Ready in:** 25min **Prep time:** 15min

**Cook time:** 10min

## Ingredients

1<sup>1</sup>/<sub>2</sub> pounds boneless chicken breasts, cut into 1/2-inch thick strips

salt and ground black pepper

1 egg

1 cup Italian-style bread crumbs

cooking spray

## Appliances

For best results, we recommend using:



**Mealthy CrispLid**

## Directions

1. Season chicken generously with salt and black pepper.
2. Crack egg into a shallow dish. Season egg with salt and black pepper and whisk to combine.
3. Place bread crumbs into a separate shallow dish.
4. Dredge chicken tenders through egg wash, then through bread crumbs.
5. Roll chicken in the bread crumbs and press firmly to make the bread crumbs stick.
6. Spray both sides of chicken tenders with cooking spray and place in a single layer in CrispLid fryer basket, working in batches as needed. Set CrispLid trivet in inner steel pot of pressure cooker and set fryer basket on top of trivet.
7. Set CrispLid on top of inner steel pot and plug in. Set to 425°F (220°C) and cook for 5 minutes. Flip chicken tenders and cook until chicken is no longer pink in the center and crispy on the outside, 5 to 7 minutes more. Lift the lid using the handle and set it on the silicone mat.

**Mealthy Tip**



Substitute almond flour or gluten-free bread crumbs with a touch of Italian seasoning for the Italian-style bread crumbs for a gluten-free version.

### **Nutrition Facts**



Per Serving: 287 calories; 6g fat; 15.1g carbohydrates; 40g protein; 143mg cholesterol; 395mg sodium.

**Full nutrition**