



CHICKEN STRIPS WITH POTATO WEDGES

<https://www.mainland.co.nz/recipe/parmesan-crumbed-chicken-strips-with-potato-wedges.html>

PREP TIME
20 MINS

COOKING TIME
40 MINS

SERVES
4



Chicken is always a family favourite, and here tender pieces of chicken are fried with light panko crumbs and delicious Mainland Special Reserve Parmesan Cheese forming a crispy, cheesy crust. Potato wedges make for an easy side.

Ingredients

- 500g chicken tenderloins
- 1 cup flour
- 2 eggs, beaten
- 2 cups panko crumbs
- 1 cup Mainland Special Reserve Parmesan Cheese, grated
- 2 tbsp chopped parsley
- 4-6 medium Agria potatoes, cut into wedges
- 1 tbsp olive oil, plus more for frying
- Salt and freshly ground black pepper, to taste
- ½ cup mayonnaise
- ½ tsp smoked paprika
- 1 lime, juice and zest + extra for wedges

Method

1. Preheat the oven to 180°C.
2. Arrange potato wedges on a baking tray lined with baking paper and drizzle with olive oil and season well.
3. Bake for 25-30 minutes or until golden and tender.
4. Cut the chicken into even sized strips.
5. Combine Mainland Special Reserve Parmesan Cheese, panko crumbs and parsley then dip each chicken strip into the flour, then the egg and lastly the Parmesan crumbs mix.
6. Shallow fry the chicken strips in olive oil for 5-8 minutes or until cooked through and golden.
7. Combine mayonnaise and paprika with the lime juice and zest and mix well.
8. Serve chicken with the potatoes and smoked paprika dip with lime wedges on the side.