

Asian Lemon Chicken Tenders

Serves 6

Ingredients

1 cup vegetable oil
2 pounds boneless, skinless chicken breasts, cut into strips
Kosher salt and freshly ground black pepper, to taste
1 1/2 cups all-purpose flour
1 cup buttermilk

FOR THE LEMON GLAZE

1/2 cup honey
1/3 cup soy sauce
1/4 cup pineapple juice
1/4 cup brown sugar, packed
Juice of 1 lemon
2 tablespoons apple cider vinegar
2 tablespoons olive oil
1 teaspoon ground black pepper
1/2 teaspoon garlic powder

To make the glaze, combine honey, soy sauce, pineapple juice, brown sugar, lemon juice, vinegar, olive oil, pepper and garlic powder in a small saucepan over medium heat. Bring to a boil; reduce heat and simmer until slightly thickened, about 10-12 minutes.

Heat vegetable oil in a large skillet over medium high heat.

Season chicken with salt and pepper, to taste.

Working one at a time, dredge chicken in flour, dip into buttermilk, then dredge in flour again, pressing to coat.

Working in batches, add chicken to the skillet, 3 or 4 at a time, and cook until evenly golden and crispy, about 3-4 minutes on each side. Transfer to a paper towel-lined plate.

Serve immediately, drizzled with lemon glaze.

Credit: damndelicious.net