

# [Parmesan Crusted Chicken Tenders](#)



These golden tenders just perfect for entertaining. They're sure to be loved by young, old and in-between!

## **Ingredients**

- 500 g chicken tenderloins
- 1 cup creamy Caesar dressing
- 1 cup grated parmesan cheese
- 1 cup freshly grated whole grain bread crumbs

## **Method:**

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper.
3. On one shallow plate place the Caesar dressing, on another combine the Parmesan and bread crumbs and season with sea salt and pepper.
4. Roll the chicken through the dressing, then through the bread crumb mixture, coating well.  
Place the chicken tenderloins on the baking tray.

5. Bake 15 to 20 minutes, until crispy and golden on the outside and cooked on the inside.