Coconut & Sesame Chicken Tenders with Mango Salsa

DIFFICULTY: EASY

PREPARATION TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

SERVES: 4

Ingredients

Chicken Tenders

3/4 cup panko breadcrumbs
1/3 cup shredded coconut
1/3 cup sesame seeds
12 chicken tenderloins
1 egg, beaten

Mango Salsa

2 mangos, diced
1 Lebanese cucumber, seeds removed & finely diced
1 small red onion, finely chopped
1 long red chilli, seeds removed & finely chopped
1/3 cup fresh coriander leaves
2 tbsp chopped fresh mint
Juice of 1 lime

Notes

Method

Chicken Tenders

To begin making your Coconut and Sesame Chicken Tenders, preheat the oven on CircoTherm at 200˚c with medium steam.
Combine the breadcrumbs, coconut and sesame seeds in a medium bowl.
Dip the chicken tenderloins in egg then toss in the crumb mixture pressing firmly to coat well.
Place chicken onto the multipurpose pan that has been lined with baking paper.
Brush chicken lightly with olive oil or melted coconut oil.
Cook on shelf position 3 for 12 to 15 minutes or until chicken is cooked and golden.
Serve with Mango Salsa.

Mango Salsa

Combine all ingredients in a medium bowl.