



Healthy oven baked chicken strips

25'
Hands on

6 hours'
Hands off

10'
Cook Time

6-8
Portion(s)

1
Difficulty



Ingredients

For the marinade

- 650 g chicken breast fillet
- salt
- pepper
- 1 tablespoon(s) thyme
- 2 clove(s) of garlic
- 250 g buttermilk

For the breading

- 200 g panko breadcrumbs
- 1 teaspoon(s) curry
- 1 teaspoon(s) paprika
- 1 teaspoon(s) garlic, ground
- 1 tablespoon(s) thyme, dry
- salt
- pepper
- 2 tablespoon(s) olive oil

For the sauce

- 150 g strained yogurt
- 1 g curry
- 1 teaspoon(s) mustard
- 1 teaspoon(s) honey

To serve

- slices lime(s)
- oregano
- thyme
- basil

Method

For the marinade

- **Cut** the chicken into thin strips of 1-2 cm thickness.
- Add the strips into a bowl, season with salt and pepper, and mix.
- Add thyme, the garlic finely chopped, the buttermilk, and mix.
- Cover with plastic wrap and refrigerate for 6-12 hours.

For the breading

- Preheat the oven to 220° C (430° F) set to fan.
- In a **bowl** add the panko, the curry powder, the paprika, the garlic, the thyme, and mix.
- Add the marinated chicken into the bowl with the breading ingredients and toss until the chicken strips are completely coated.
- Lay the chicken into **baking pans** lined with parchment paper, add salt, pepper, olive oil, and bake for 8-10 minutes.

For the sauce

- In a bowl add the yogurt, the curry powder, the mustard, the honey, and mix well until the ingredients are homogenized.
- **Serve** the chicken strips with lime slices, oregano, thyme, and basil.

Διατροφικός πίνακας

Nutrition information per portion

224 Calories (kcal)	4.7 Total Fat (g)	1.1 Saturated Fat (g)	22.0 Total Carbs (g)
11%	7%	6%	8%
5.0 Sugars (g)	23.0 Protein (g)	0.8 Fibre (g)	0.91 Sodium (g)
6%	46%	3%	15%