

Crispy Chicken soft tacos with coleslaw

Ingredients - Serves 2

4 Chicken tenders
1 egg
½ cup milk
¼ cup plain flour
¼ cup panko crumbs or cornflake crumbs or crushed corn chips
½ carrot
⅛ cabbage
½ stick celery
Parsley leaves
Salt and pepper
1tbsp mayonnaise
4 small soft tacos

Method

Preheat oven to 200 degrees

Prepare egg wash station -

- Place eggs and milk in one bowl and beat lightly
- Place flour in another bowl
- Place crumbs in another bowl



Dip each chicken piece in the flour, then the egg and then crumbs.

Place chicken pieces on a tray lined with baking paper and place in the oven.

Cook for 20 minutes

While the chicken is cooking, prepare coleslaw

- Thinly slice cabbage
- Grate carrot
- Thinly slice celery into half moon shapes

Add to a large bowl and add dressing. Stir to coat the vegetables with the dressing.

