

CopyCat Applebee's Chicken Tenders With Paprika Honey Mustard

Ingredients

For Chicken Tenders:

1 $\frac{3}{4}$ lb chicken breasts, boneless and skinless, cut into strips

2 garlic cloves, minced

1 egg

1 cup buttermilk

1 cup all purpose flour

1 cup breadcrumbs

1 tsp salt

1 tsp baking powder

vegetable oil, roughly 5 to 8 cups, for frying

For Paprika Honey Mustard Dip: (YIELD: $\frac{3}{4}$ cup)

$\frac{1}{4}$ cup mayonnaise

$\frac{1}{4}$ cup yellow mustard, prepared

$\frac{1}{4}$ cup honey

1 tbsp grain mustard

1 tbsp distilled white vinegar

$\frac{1}{4}$ tsp paprika

salt, to taste

ground black pepper, to taste

Directions

Instructions

In a large mixing bowl, whisk together the egg, buttermilk, and garlic.

Add the chicken and toss to combine.

Cover, and set aside in a chilled area. Allow it to marinate

for at least an hour or up to 4 hours.

For the sauce:

Combine all the ingredients together in a mixing bowl. Whisk until evenly incorporated.

Season with salt and pepper. Adjust accordingly and set aside.

Preheat your oil ready for deep frying then prepare a basket lined with paper towels.

In a bowl, combine flour, breadcrumbs, salt, and baking powder for the breading.

Drain the chicken from the liquid mixture and coat it with the breadcrumb mix.

Deep fry for roughly 5 to 7 minutes until the juices run clear and the breading is golden brown.

Drain well onto your basket. Serve with roughly $\frac{1}{4}$ cup per serving of your prepared sauce.