

CRISPY CHICKEN SALAD



Serves 4



Prep Time 20 minutes



Cook Time 15-20 minutes



INGREDIENTS

- 300g chicken tenderloins
- 1 cup **Eta Thick & Creamy Mayonnaise**
- 1 cup panko breadcrumbs
- 1 cos lettuce or ½ bag mixed salad leaves
- ½ punnet cherry tomatoes, halved
- ½ telegraph cucumber, cut in half lengthwise and sliced into 1cm pieces

METHOD

1. Preheat oven to 200°C (fan bake). Dip chicken tenderloins into half the measured **Eta Thick & Creamy Mayonnaise** and coat in panko crumbs. Place on a baking tray lined with baking paper. Drizzle over a little olive oil. Cook for 15-20 minutes or until chicken is

- 1 avocado, stone removed, peeled and chopped
- Handful fresh Italian parsley leaves, torn
- Handful fresh mint leaves, roughly chopped
- Juice of ½ orange

cooked. Turn the chicken halfway through the cook time. Set aside to cool while preparing the salad.

2. Place cos or salad leaves on a serving platter. Top with cherry tomato halves, chopped cucumber, avocado and herbs.
3. Mix the remaining **Eta Thick & Creamy Mayonnaise** with the juice of the orange. Place the cooked crumbed chicken on top of the salad and drizzle over the dressing. Serve.