

## Ingredients

### Chicken Tenders

- 2 quarts of canola oil
- 2 lbs. of chicken tenders
- 2 tsp salt
- 2 tsp Mrs. Dash original blend
- 1 tsp garlic and parsley
- 1 tsp smoked paprika
- 1 cup flour
- 2 tbsp cornstarch
- ¼ tsp Salt
- ½ tsp Black pepper
- 1 tsp garlic parsley
- ½ tsp smoked paprika
- 3 eggs
- ½ c Heavy cream

### Jerk BBQ

- 1 cup barbecue sauce
- 1 ½ tbsp. mustard
- 1/3 c sugar/brown sugar
- 3 tbsp. rice wine vinegar

### Toasted Honey Garlic Sauce

- ½ stick butter
- 4 cloves of garlic
- ½ cup Honey

Cooking  
is  
Bliss!



### Sides

- 3 carrots
- 3 celery sticks



1. Begin by heating oil in a pot/deep fryer until 375F
2. Season chicken strips with salt, Mrs. Dash's original blend, garlic, parsley, & smoked paprika.
3. Add flour, cornstarch, salt, black pepper, garlic, & parsley, in a bowl & mix well. In another bowl, beat the eggs along with heavy cream. Feel free to use milk/buttermilk.
4. Dredge each chicken strip in egg mixture then flour, add to preheated oil & allow to fry for approximately 7 minutes until golden brown. Once fully cooked, place on paper towels to drain off excess oil
5. Prepare carrots & celery by peeling carrots & slicing them lengthwise & then in half
6. In a small saucepan add butter and garlic, often stirring until the garlic is toasted. Add honey & bring to a boil then immediately reduce heat to low & allow to simmer for about 5 minutes.
7. In another saucepan, add BBQ sauce, rice wine vinegar, mustard, sugar, & jerk seasoning. Bring to a rolling boil reduce heat to low & allow to simmer for 5 minutes.
8. Divide chicken tenders. Drizzle & then toss in sauces, plate & serve with celery & carrots, & ranch for dipping!

QUICK LUNCH OR QUICK DINNER,  
YOUR CHOICE!

THESE WERE SAVORY, STICKY &  
DELICIOUS. SURE TO SATISFY! YOU  
CAN USE BONELESS CHICKEN  
THIGHS & EVEN ADD SOME FRIES.

