

HOW TO USE · CHICK FLICK SEASONING

BAKED CRISPY CHICKEN TENDERS

Savoury, peppery and golden. All the crunch, none of the queue.

SERVES	PREP	COOK
4	20 min	18–22 min

INGREDIENTS

- 600 g chicken tenderloins
- 2 tbsp Chick Flick Seasoning (1 tbsp in the flour, 1 tbsp in the crumbs)
- ½ cup (75 g) plain flour
- 1 egg and 2 tbsp milk, beaten together
- 1 cup (60 g) panko breadcrumbs and 1 tbsp olive oil
- Oil spray
- To serve: oven fries and a creamy dipping sauce



METHOD (oven)

1. Heat the oven to 220°C fan-forced. Line a tray with baking paper and place a wire rack on top if you have one.
2. Mix the flour with 1 tbsp Chick Flick Seasoning in one bowl. Beat the egg and milk in a second bowl.
3. Mix the panko, 1 tbsp Chick Flick Seasoning and the olive oil in a third bowl.
4. Pat the chicken dry. Coat in the flour, then the egg, then press into the crumbs.
5. Place on the tray, spaced apart, and spray lightly with oil.
6. Bake 18–22 minutes, turning once, until golden and 75°C in the thickest piece. Rest 3 minutes.

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AIR FRYER METHOD

190°C · 10–12 min

Crumbed tenders in batches

1. Heat the air fryer to 190°C and spray the basket lightly with oil.
2. Cook the crumbed tenders in a single layer, 10–12 minutes, turning once, until golden.
3. Check the thickest piece reaches 75°C. Rest 3 minutes.

BBQ / GRILL OPTION

180–200°C · 35–40 min

Seasoned drumsticks, indirect heat

1. Toss 1 kg chicken drumsticks with 1 tbsp oil and 3 tbsp Chick Flick Seasoning.
2. Heat a hooded BBQ to 180–200°C with one side on and one side off. Oil the grill.
3. Cook over the off side, lid down, 35–40 minutes, turning every 10 minutes.
4. Check the thickest part (not touching bone) reaches 75°C. Rest 5 minutes.

SMOKER OPTION

150–160°C · 1½–2 hr

Smoked drumsticks

1. Set the smoker to 150–160°C with a mild wood such as apple or pecan.
2. Coat 1.5 kg drumsticks with oil and 3 tbsp Chick Flick Seasoning. Smoke 1½–2 hours.
3. Check the thickest part (not touching bone) reaches 75°C. Rest 5 minutes.

OTHER WAYS TO USE IT

- → Shake over hot chips or oven wedges.
- → Toss through the flour for a crispy shallow-fried coating.
- → Season chicken thighs or drumsticks before roasting.

ALLERGENS Contains mustard. This recipe also uses egg, milk and wheat (flour, breadcrumbs).
SALT This blend already contains salt, so taste before adding any more.