BANGIN SPICES

RECIPE #023

BOLD. FUN. BIG FLAVOR.

FIRECRACKER RANCH KICKEN' CHICKEN FINGERS

CRISPY. JUICY. KICKIN' DELICIOUS!



30 MINUTES TOTAL TIME

PAN-FRY OR BAKE

SERVES 4-6

CRISPY OUTSIDE. JUICY INSIDE. BANGIN' ALL THE WAY!

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FIRECRACKER RANCH

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KICKEN' CHICKEN FINGERS

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INGREDIENTS

FOR THE CHICKEN:

- 1 1/2 lbs chicken tenders (about 1 lb)
- 1–2 tbsp BANGIN' Firecracker Ranch Spice Seasoning
- 1 tbsp olive oil (optional)

FOR THE BREADING:

- 1 cup all-purpose flour
- 2 large eggs
- 1 tbsp water or milk
- 1 1/2 cups panko breadcrumbs
- 2–3 tbsp BANGIN' Firecracker Ranch Spice Seasoning

FOR THE DIPPING SAUCE (OPTIONAL):

- 1 cup light sour cream or whole milk Greek yogurt
- 1–2 tbsp BANGIN' Firecracker Ranch Spice Seasoning
- Chopped green onions for garnish

TIP: For extra crunch, let the breaded chicken rest on a wire rack for 10 minutes before cooking.



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INSTRUCTIONS

1. **PREP THE CHICKEN**
   Pat chicken tenders dry. Drizzle with olive oil (if using) and sprinkle with 1–2 tbsp Firecracker Ranch Seasoning. Toss to coat.
2. **SET UP BREADING STATION**
   In three shallow bowls: place flour in the first bowl. In the second bowl, whisk eggs with water or milk. In the third bowl, combine panko breadcrumbs with 2–3 tbsp Firecracker Ranch Seasoning.
3. **BREAD THE CHICKEN**
   Dredge each tender in flour, shake off excess. Dip in egg mixture, then press into the seasoned panko, making sure it's well coated. Place on a plate or wire rack.
4. **COOK TO PERFECTION**
   Pan-Fry: Heat 1/4–1/2 inch of oil in a skillet over medium heat. Cook 3–4 minutes per side until golden brown and cooked through (internal temp 165°F).
   OR Bake: Preheat oven to 425°F. Place on a wire rack over a baking sheet. Spray lightly with oil. Bake 18–20 minutes, flipping halfway, until crispy and cooked through.
5. **MAKE THE DIP (OPTIONAL)**
   Mix all dipping sauce ingredients in a bowl. Chill until ready to serve. Garnish with green onions.
6. **SERVE & ENJOY!**
   Serve hot with Firecracker Ranch Dip and watch them disappear!

GREAT WITH:

FRIES · VEGGIES · SALAD · WRAPS · AND MORE!

BANGIN' FLAVOR IN MINUTES! MADE TO DIP. MADE TO LOVE.