

Crispy chicken tenders with samurai sauce

50 min · 4 servings

Includes 30 minutes resting.



INGREDIENTS

For the chicken:

4 chicken breast fillets

2 tbsp paprika

1 tbsp garlic powder

2 tbsp herbs

1 tsp salt

1 tsp pepper

250 ml cream

50 ml spicy tomato sauce

For the samurai sauce:

1 egg yolk

1 tsp mustard

20 cl groundnut oil (or neutral oil)

1 splash lemon juice

2 tbsp ketchup

1 tsp harissa

For the coating:

200 g flour

2 tbsp paprika

1 tsp garlic powder

1 tsp salt

For frying:

1000 ml frying oil

LET'S GET COOKING

1. Cut the chicken into strips and put in a bowl.
2. Add the paprika, garlic powder, herbs, salt and pepper.
3. Pour in the cream and spicy tomato sauce.
4. Mix well and chill for 30 minutes.
5. For the sauce, mix the egg yolk and mustard.
6. Gradually whisk in the groundnut or neutral oil, whisking briskly as you go.
7. Keep whisking until thick and creamy.
8. Add the lemon juice.
9. Stir in the ketchup and harissa, then season with salt and pepper.
10. Keep the sauce in the fridge.
11. For the coating, combine the flour, paprika, garlic powder and salt. Coat the chicken all over.
12. Heat the frying oil in a pan over a medium heat.
13. Fry the tenders for 5-8 minutes, until cooked through.
14. Drain on kitchen paper to remove excess oil.