



## Coconut Chicken Tenders with Orange Honey Sauce

6-8 chicken tenders, cut in half lengthwise if thick  
1/3 cup finely shredded coconut  
1/4 cup Panko  
1/4 cup flour  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 large egg  
2 tablespoons melted coconut oil  
optional garnish: chopped cilantro or parsley

Preheat oven to 400°F

Line a baking sheet with parchment paper and drizzle 1/2 of the coconut oil on it.

In one bowl, add coconut and Panko. In a second medium bowl, whisk the flour, salt, and pepper together. In a third bowl, whisk the egg.

Coat each chicken strip in flour, shaking off any excess. Then, dip in egg and let any excess drip off. Then generously roll in the coconut mixture, patting down breading on chicken.

Add more Panko to the dish if you are running low.

Place chicken on prepared pan and drizzle remaining coconut oil.

Bake for 10 minutes, flip over tenders and bake another 8 minutes until chicken is completely baked through.

# THE CULINARY

*Playground*



## Honey Orange Sauce

1/8 cup orange preserves/marmalade  
1 tablespoon honey  
1 teaspoon dijon mustard  
Pinch salt  
Pinch crushed red pepper flakes, optional

Whisk all of the sauce ingredients together with a fork.