

# chicken strips

prep: 20m  
stove top: 30m

serves: 4-8

## ingredients:

1 lb chicken breast  
oil as needed  
bread crumbs as needed  
flour as needed  
2-3 eggs  
salt & pepper  
spice blend

## notes:

- ✓ kid favorite
- ✓ try lots of dipping sauces
- ✓ air fry 12m@425

## instructions:

- slice chicken breast into strips
- whisk eggs together
- using three containers coat chicken strips in layers:
  - egg wash
  - flour/spice mix
  - egg wash again
  - bread crumbs/spice mix
- in a deep pan, heat oil until shimmery
- fry chicken strips 2-3 min per side until golden
- drain on paper towel, serve

## news:

mxup.menu volume 1 is now available! Scan this code to visit our homepage!

