



Baked Chicken Fingers with Dipping Sauce

Ingredients

Honey Mustard Dipping Sauce

- 1/4 cup honey
- 1/4 cup yogurt
- 1/4 cup mayonnaise
- 2 T Dijon Mustard
- 2 T brown mustard

Chicken Fingers

- 1 lb boneless skinless chicken breasts, sliced into 2 inch strips
- 2 T mayonnaise
- 3/4 teaspoon curry powder
- 1 cup panko bread crumbs
- 2 T olive oil
- Salt and pepper

1. Combine the panko, 2 T olive oil, 1/4 tsp salt and a pinch of pepper in pie pan.
2. In a medium bowl, combine the mayonnaise, curry powder, hot sauce, 1/2 tsp salt and a pinch of pepper, add chicken.
3. Dredge each chicken finger in the panko bread crumb mixture then transfer to the baking sheet. Preheat the oven to 425 degrees. Place chicken fingers on a parchment lined baking sheet and bake in the oven for about 6 minutes, flip, then bake for an additional 7 minutes more, until golden brown.
4. In a small bowl, combine the dipping sauce ingredients. Whisk until combined then set aside. Season with salt and pepper. Serve with the chicken fingers.

Equipment

- Small bowl
- Medium bowl
- Measuring Spoons/Cups
- Small Whisk
- Silicone spatula
- Chef Knife
- Cutting Board
- Pie Plate
- Tongs
- Baking Sheet
- Small Spoon
- Plate for serving