

Crunchy Panko Chicken Tenders

Golden, shatteringly crunchy oven-baked tenders with a triple-dredge panko crust — no deep fryer required.

425°F
OVEN TEMP

20 Min
BAKE TIME

4
SERVINGS

Ingredients

For the Chicken

1½ lb chicken tenderloins

1 cup all-purpose flour

2 large eggs

1 tbsp water

1½ cup panko breadcrumbs

1 tsp garlic powder

1 tsp paprika

½ tsp salt

¼ tsp black pepper

2 tbsp olive oil, for drizzling

STORAGE & REHEATING

Keep leftovers in an airtight container in the fridge for up to 3 days. Reheat in the oven or air fryer to bring back the crunch.

Instructions

1 Prep the oven and pan

Preheat the oven to 425°F. Set a wire rack inside a rimmed baking sheet and lightly coat the rack with oil so the tenders crisp on all sides instead of steaming.

2 Set up the breading station

Place the flour in one shallow dish. In a second dish, whisk the eggs with the water. In a third dish, combine the panko, garlic powder, paprika, salt, and pepper.

3 Bread the tenders

Working one at a time, coat each tenderloin in flour, shaking off the excess. Dip into the egg wash, then press firmly into the panko mixture until fully coated on both sides.

4 Arrange and drizzle

Place the breaded tenders in a single layer on the prepared rack, leaving space between each one. Drizzle lightly with olive oil to help the crust brown evenly.

5 Bake until golden

Bake for 18–20 minutes, flipping halfway through, until the crust is deep golden brown and the thickest part of the chicken reaches 165°F.

6 Rest and serve

Let the tenders rest for 3 minutes on the rack before serving — this keeps the crust crisp instead of softening on the pan.

Tip: Press the panko onto the chicken firmly rather than rolling it — a good press is what keeps the crust from flaking off during baking.