

# BUTTERMILK CHICKEN STRIPS

**Time: 40 minutes (plus marinating time)**

**Serves: 8**

### Ingredients:

500ml buttermilk  
15g salt  
2g onion powder  
2g garlic powder  
2g fresh ground black pepper  
1g ground rosemary  
1g ground sage  
1g ground thyme  
1g dried parsley  
1kg boneless skinless chicken thighs  
200g panko crumbs

### Preparation:

In a suitable bowl or measuring cup, whisk together all ingredients except the chicken and panko.

Unroll the chicken thighs and place in a zipper seal bag. Pour in the buttermilk mixture. Squeeze the chicken from the outside of the bag to make sure all parts get coated. Remove the air from the bag, seal, and refrigerate for at least an hour or, ideally, overnight.

Preheat your oven to 220C.

Place parchment paper on two baking sheets.

Spread the panko in a shallow pan or dish. Remove each chicken thigh from the bag and coat with the panko, placing the thighs in a single layer on the parchment. Discard the buttermilk mixture.

Bake the chicken for thirty minutes or until the panko browns and the internal temperature reaches 74C.

Remove from the oven and serve immediately.

### Nutritional Information Per Serving:

Calories: 383 Fat: 10g Carbs: 18g Fibre: 0.3g Protein: 52g	<b>Hand-Size Portion Guide</b> Palms of Protein: 2 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 0
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