

Recipe prepared by Chef Carina Guevara

CHICKEN / FISH FINGERS

1 tbsp dijon mustard
2 tbsp light mayo
¼ tsp garlic powder
½ kilo white chicken meat, deboned, skinless and cut into 1 inch strips or fingers (use white fillet fish like lapu-lapu or whitefish)
1 ½ tsp canola oil
½ cup crushed whole wheat crackers
¼ cup walnuts, toasted and finely chopped
2 tbsp grated parmesan
salt & pepper to taste
cooking spray

Dipping Sauce:

3 tbsp light mayo
2 tbsp grainy mustard
2 tbsp honey
1 tbsp dijon mustard
1 tsp fresh lemon juice
Salt & pepper

1. Preheat oven to 425⁰F. Remember a hot oven makes crispy fingers.
2. Combine mustard, mayo & garlic powder. Add chicken fingers, coat well & set aside.
3. Pour oil in a non-stick pan and heat over low heat. Add crackers & toast for 3-4 mins until golden brown. Transfer to shallow dish. Add walnuts, parmesan & seasoning.
4. Set a wire rack over a large baking sheet. Spray lightly w/ cooking spray & brush gently with some oil.
5. Dredge chicken in crumb mixture and arrange on rack. Spray lightly w/ cooking spray and bake for 10-12 mins until cooked thru.
6. While chicken is cooking combine all ingredients for dipping sauce. Serve with chicken fingers.

