

Lemon Poppy Chicken Tenders

Created by: Kristin Sheppard of [Mad Betty](#) using Kerbey Lane Cafe Lemon Poppyseed Pancake Mix

INGREDIENTS

For the tenders:

1.5 pounds chicken breast, about 3
1 cup buttermilk
1 tsp salt
1 cup flour
1 cup Kerbey Lane Café Lemon Poppy Seed pancake mix
1 egg
2/3 cup water
2 cups oil for frying, like canola or vegetable

For the Sauce:

¼ cup Dijon mustard
3 TB maple syrup
1 TB mayonnaise

INSTRUCTIONS

1. Slice chicken into equal size tenders, about six pieces per breast. Combine buttermilk and salt in bowl and let chicken marinate for 20 minutes.
2. Heat oil in deep-sided pan till it reaches 350°. While oil heats, whisk together Kerbey Lane pancake mix with one egg and a cup of water in large bowl until batter is smooth. Spread flour onto wide dish next to batter.
3. Remove chicken pieces from buttermilk and dredge in flour. Shake off excess and dip in pancake batter, ensuring an even coating before gently placing in oil.
4. Being careful not to crowd the pan, cook chicken until it reaches an internal temperature of 165°, about 12 minutes, turning halfway through.
5. Cook in batches, bringing the oil back up to 350° each time. Place cooked chicken on draining rack and sprinkle with salt.
6. Whisk together mustard, maple syrup, and mayonnaise and serve with chicken for dipping.