



Zesty Pistachio Crumbed Chicken Tenderloins

Serves: 1
Prep time: 5 Minutes
Cooking time: 10 Minutes

Ingredients:

- ½ teaspoon lemon zest
- ½ teaspoon cayenne pepper ***optional**
- ⅓ cup fresh breadcrumbs, dried out
- 3 tablespoons unsalted pistachio nuts, finely chopped
- 1 teaspoon finely chopped red chilli of choice
- 3 chicken tenderloins
- 1 egg, slightly beaten
- oil for frying



The crunch of the nuts, the zest of the lemon and the bite of the chilli makes these tenderloins so deliciously tasty. Combined here with my [Cucumber Dill Salad](#)

Method:

- Combine lemon zest, ***optional** cayenne pepper, breadcrumbs and chopped nuts
- Dip the tenderloins into the beaten egg, then into the crumbed mix, coat well
- Heat oil in a medium-size pan over a medium to high heat, pan fry the tenderloins until golden brown and cooked through.
- Serve with my [Cucumber Dill Salad](#)