



Herbed Chicken Tenders with Honey Dijon - Allon-Z!

4 servings

40 minutes

Ingredients

- 1 lb Chicken Breast (skinless, boneless, sliced into strips)
- 2 tbsps Avocado Oil (divided)
- 1/2 cup Oats (quick)
- 1 tbsp Herbes De Provence
- 1/2 tsp Sea Salt
- 6 Carrot (medium, peeled and sliced into fries)
- 2 Sea Salt & Black Pepper
- 2 tbsps Dijon Mustard
- 1 1/2 tbsps Raw Honey

Directions

- 1 Preheat oven to 400°F (200°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 2 Combine the oats, Herbes de Provence, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining avocado oil with some salt and pepper. Spread across the other baking sheet.
- 4 Place both baking sheets in the oven and bake for about 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

Notes

No Quick Oats: Place rolled oats in your blender or food processor. Pulse a few times to break them up.

Vegan and Vegetarian: Use tofu strips instead of chicken.

Leftovers: Keeps well in the fridge up to 3 days.