Chicken Breast Strips Recipes

Chicken Breast Strips Recipes uses crispy breaded chicken breast strips. Follow the numbered method and check chicken for 165°F (74°C); listed times are estimates, not proof of doneness.



Prep	Cook	Additional	Total	Servings
20 min	16 min	3 min	39 min	4

Ingredients

1 pound chicken breast / 450 g, cut into 1/2-inch strips

1/4 cup flour / 30 g

2 eggs, beaten

3/4 cup panko / 45 g

1/2 teaspoon salt

1/4 teaspoon black pepper

1/2 teaspoon garlic powder

1/4 cup neutral frying oil / 60 ml

Instructions

1. Cut even 1/2-inch strips, pat dry and season with salt and pepper.

2. Set out flour, beaten eggs and panko mixed with garlic powder in separate dishes.

3. Coat strips in flour, egg and crumbs, shaking off excess.

4. Shallow-fry in oil over medium heat in batches about 3 to 4 minutes per side until several thick strips reach 165°F (74°C).

5. Rest on a clean rack 3 minutes; discard coating ingredients that touched raw chicken.

Time, Temperature & Doneness

Use a thermometer in the thickest part of each chicken portion to verify 165°F (74°C). Avoid bone; check several large pieces for cubes or strips. Check stuffed filling centers too. Color, browning and clear juices are not reliable safety tests.

Ingredient Notes & Substitutions

Strips: Cut from breast meat; they are not automatically tenderloins.

Panko: Makes a coarse crisp coating.

Tips for Success

Cut even widths.

Press crumbs lightly.

Drain on a rack.

Common Mistakes to Avoid

Crowding the skillet.

Using very thick strips.

Reusing raw egg wash.

Recipe Variations

Spicy: Add chili powder to crumbs.

Herb: Add dried oregano.

Baked: Lightly oil coating and bake at 425°F (220°C), checking early for 165°F (74°C).

Serving Suggestions

Divide into the stated servings; add separately prepared rice, potatoes or vegetables if desired. Side dishes are not included in the ingredient quantities.

Storage

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Follow an older ingredient’s original deadline; combining foods does not restart the storage clock.

Freezing

Freeze promptly cooled cooked chicken airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator; continuous freezing preserves safety longer but texture declines.

Reheating

Reheat cutlets or strips on an oven-safe rack at 350°F (175°C) until centers reach 165°F (74°C). Microwaving softens crumbs; do not rely on the crust becoming crisp as a safety test.

Frequently Asked Questions

Are chicken breast strips the same as tenderloins?

No; strips are cut from breast meat, while tenderloins are a distinct small muscle.

What ingredient detail matters most?

Cut from breast meat; they are not automatically tenderloins.

Can I make it ahead?

Prepare ingredients in the refrigerator; cooked leftovers must be chilled promptly and used within their storage limits.

How do I know the chicken is safe?

Measure 165°F (74°C) in each thickest portion; estimated time and appearance are not enough.

Recipe & Sources

https://howtocookchickenrecipes.com/chicken-breast-strips-recipes/

Budget Bytes — breaded cutlet technique

FoodSafety.gov — safe poultry and leftover temperatures

USDA FSIS — leftovers, chilling and reheating

FoodSafety.gov — cold storage limits