Garlic Parmesan Chicken Tenders

Italian / Italian-American | Skillet / Stovetop | Easy



PREP 10 min	COOK 23 min	TOTAL 33 min	SERVES 4

Sear unbreaded chicken tenderloins, then turn them in garlic butter off the heat with grated hard cheese and lemon. This quick skillet version needs no flour or crumbs.

INGREDIENTS

- 1 1/2 lb (680 g) chicken tenderloins
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 tsp (3 g) garlic powder
- 1 tbsp (15 ml) olive oil
- 2 tbsp (28 g) butter
- 3 garlic cloves (9 g), minced
- 1/3 cup (30 g) vegetarian Parmesan-style hard cheese, finely grated
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (8 g) chopped parsley

Ingredient note: This version is unbreaded. Similar-size tenderloins cook more evenly; thin strips cut from breast also work.

Method & notes

10 min prep | 23 min cook | 4 servings

METHOD

Pat tenderloins dry and remove tough visible tendons if desired. Season with salt, pepper and garlic powder.
Heat olive oil in a wide skillet over medium heat. Cook tenders in two batches for 3 to 5 minutes per side until each thickest center reaches 165°F (74°C). Move cooked pieces to a clean plate.
Reduce heat to low. Add butter and minced garlic, stirring for 30 to 60 seconds without browning the garlic.
Turn off the heat. Add lemon juice and return the cooked chicken to the skillet. Sprinkle with grated cheese and parsley and turn gently in the butter.
Serve immediately, spooning the garlic butter over each portion.

SAFE DONENESS

Check every thickest chicken center reaches at least 165°F (74°C), inserting the thermometer from the side of thin portions. Browning and cooking time are guides, not substitutes for a temperature check.

TIP

Add the hard cheese off the heat to reduce clumping.

AVOID

Garlic can burn in a very hot pan; lower the heat before adding butter and garlic.

SERVING & VARIATIONS

Serving: Divide into 4 portions and serve promptly. Prepare any optional bread, pasta or vegetables not included in the ingredient list separately.
Add 1/4 tsp crushed red pepper with the fresh garlic for a spicy finish.

STORAGE

Refrigerate in shallow covered containers within 2 hours, or 1 hour when above 90°F (32°C). Keep at 40°F (4°C) or colder and use within 3 to 4 days.

FREEZING

Freeze promptly cooled portions airtight at 0°F (-18°C) for up to 3 months for best quality. Thaw in the refrigerator; coatings may soften.

REHEATING

Warm chicken gently in a covered skillet with a splash of water, turning until every thickest part reaches 165°F (74°C).

QUICK ANSWERS

Are these breaded? No; garlic butter and grated cheese coat the cooked tenders.
Can I use chicken breast? Cut it into evenly thick strips and verify 165°F (74°C).

NUTRITION

Not calculated.

Recipe developed from the supplied importer content.