



Thai Chicken Tenders

Try a new mix of flavours at your dinner table with these Thai-inspired chicken tenders. Thai food is known for its balance of three or four basic taste senses in each dish or meal: sour, sweet, salty and bitter.

Prep: 15 minutes • Total: 30 minutes

Ingredients:

Chicken breasts	4 breasts	450 g
Lime juice	3 Tbsp	45 mL
Red curry paste	1 Tbsp	15 mL
Water	3 Tbsp	45 mL
Coconut oil	1 Tbsp	15 mL
Fish sauce	1 tsp	5 mL

Directions:

1. Whisk the lime juice, water, oil, fish sauce and curry paste in a small bowl.
2. Cut the chicken breasts into tenders (3-4 large strips per breast).
3. Place chicken tenders in a Ziploc bag, add marinade and shake.
4. Marinate for 15 minutes.
5. Preheat grill and grill tenders for 2-3 minutes per side, or bake at 400 degrees for 15 minutes in a greased 9x9 baking pan.

Nutrition Facts

Serving Size (143g)
Servings Per Container

Amount Per Serving

Calories 220 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 260mg **11%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 38g

Vitamin A --% • Vitamin C 6%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from:
NutritionRx in partnership with
Chef Lindsay Sferrazza

Makes 4 servings (143 g / serving) • 1 serving = ~3-4 tenders (4 oz)

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