



Baked BBQ Chicken Tenders

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

These BBQ tenders have a barbecue base but are elevated with a decidedly Asian influence I use Savory Spice Asian Delight BBQ Rub which is different from Chinese fivespice

Ingredients

— - cooking spray - ½ cup barbeque sauce (such as Sweet Baby Ray's® Hickory & Brown Sugar) - 1 ½ tablespoons Asian-flavored barbeque seasoning (such as Savory Spice® Asian Delight BBQ Rub) - 1 tablespoon caramel sauce - 1 pound chicken tenders

Instructions

1. Gather all ingredients. Preheat the oven to 375 degrees F (190 degrees C). Spray an 8x8-inch casserole dish with cooking spray. Dotdash Meredith Food Studios Stir together barbeque sauce
2. barbeque seasoning
3. and caramel sauce in a shallow dish until combined. Reserve 2 tablespoons mixture for basting. Dotdash Meredith Food Studios Dip each chicken tender into barbeque sauce mixture; coat thoroughly. Place in the prepared casserole dish. Dotdash Meredith Food Studios Bake in the preheated oven until chicken is no longer pink in the center and the juices run clear
4. about 25 minutes. Baste with reserved sauce and bake 5 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Dotdash Meredith Food Studios