



# Crispy Buttermilk Turkey Fingers

*Serves: 4-6 | Prep Time: 15 mins | Cook Time: 20 mins*

## **INGREDIENTS**

### **Turkey Fingers**

1.5 lbs | 650 g Turkey Breast, cut into strips  $\frac{3}{4}$  inch (1.5 cm) thick by 4 inches (10 cm) long  
2 cups | 500 ml buttermilk  
1/2 cups | 125 ml flour  
2 cups | 500 ml panko crumbs  
2 tbsp | 30 ml olive oil  
1/2 tsp | 2.5 ml garlic powder  
1 tbsp | 15 ml paprika  
1 tsp | 5 ml mustard powder  
1/2 tsp | 2.5 ml black or white pepper  
1 tsp | 5 ml salt

### **Honey Dill Sauce**

1/2 cup | 125 ml Greek-style yogurt  
2 tbsp | 30 ml Mayonnaise  
1 tbsp | 15 ml honey  
1 tbsp | 15 ml dill, fresh chopped or dried

## **DIRECTIONS**

1. Preheat oven to 425°F (225°C) or prepare air fryer for use.
2. Lightly season turkey strips with salt and pepper, if not already seasoned.
3. Soak turkey strips in 1 cup buttermilk for 1 hour or more and then drain.
4. Mix panko crumbs with olive oil, garlic, paprika, mustard, pepper and salt. Add flour to a separate bowl and remaining cup of buttermilk to another.
5. Taking a few turkey strips at a time, first dredge them in flour, then dip them in buttermilk and roll them in the panko mixture until they are well coated.
6. Place them flat on a baking sheet and bake them for 20 minutes, flipping once after 10 minutes. If using an air fryer cook them for 12-14 minutes at 400°F (200°C), flipping once.
7. Combine all sauce ingredients and serve with Crispy Buttermilk Turkey Fingers.

*These Crispy Buttermilk Turkey Fingers are perfect for dipping in your favourite sauce, topped on a salad, added to a wrap or placed between two buns for a crispy burger. To freeze your turkey fingers for a quick meal at a later date, place the uncooked fingers on a baking sheet and place in the freezer until solid, about two hours. Then transfer into a ziplock bag and use within two months. To cook, add 10 minutes to either cooking method.*