



# Cheesy Breaded Chicken Tenders

with Queso Style Dip

Special Sides 25-30 Minutes

1A

Find all your unchilled Market items in bag A.



Mayonnaise



Breadcrumbs



Roasted Spice and Herb Blend



British Chicken Breasts



Mature Cheddar Cheese



Garlic Clove



Creme Fraiche

**Pantry Items**  
Oil, Salt, Pepper



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Bowl, baking tray, grater, garlic press and saucepan.

## Ingredients

Ingredients	Quantity
Mayonnaise <b>8</b> <b>9</b>	32g
Breadcrumbs <b>13</b>	50g
Roasted Spice and Herb Blend	1 sachet
British Chicken Breasts**	2
Mature Cheddar Cheese** <b>7</b>	60g
Garlic Clove**	1
Creme Fraiche** <b>7</b>	75g

Pantry	Quantity
Oil for the Breadcrumbs*	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2700/645	955/228
Fat (g)	38.7	13.7
Sat. Fat (g)	16.5	5.8
Carbohydrate (g)	26.7	9.5
Sugars (g)	2.2	0.8
Protein (g)	50.2	17.8
Salt (g)	1.83	0.65

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7**) Milk **8**) Egg **9**) Mustard **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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1



2



3



## Bread the Chicken

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7.

**b)** Pop the **mayo** into a medium bowl.

**c)** In a separate medium bowl, combine the **breadcrumbs, roasted spice and herb blend** and the **oil for the breadcrumbs** (see pantry for amount).

**d)** Cut each **chicken breast** into 2cm strips. Season with **salt** and **pepper**, then add to the bowl of **mayo** and mix to coat well. Pop the **chicken pieces** into the **breadcrumbs**, toss to coat, then transfer to a baking tray. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

## Prep the Queso Style Dip

**a)** Bake the **chicken tenders** on the top shelf of the oven until slightly golden and cooked through, 20-25 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

**b)** Meanwhile, grate the **Cheddar cheese**.

**c)** Peel and grate the **garlic** (or use a garlic press).

**d)** In a medium saucepan, mix together the **creme fraiche, garlic** and **cheese**. Season with **salt** and **pepper**, then set aside for now.

## Dip, Dip, Hooray

**a)** Once the **chicken** is cooked, pop the saucepan on medium heat and stir until the **cheese** has melted and the **mixture** is hot, 2-3 mins.

**b)** Transfer the **queso style dip** to your serving bowl.

**c)** Serve with the **chicken strips** for dipping.

Enjoy!