



**HELLO
FRESH**

Herbed Chicken Tenders

Sharing Dish | with a Cheesy Queso Style Dip

Preparation time : 30 min.



Mayonnaise



Breadcrumbs



Roasted Spice
and Herb Blend



British Chicken
Breasts



Red Leicester



Garlic Clove



Creme Fraiche



Oil for the
Breadcrumbs



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/herbed-chicken-tenders-1>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Bowl, Medium Saucepan, Garlic Press, Grater, Baking Paper

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Mayonnaise (grams)	32	32	32
Breadcrumbs (grams)	50	50	50
Roasted Spice and Herb Blend (sachet(s))	1	1	1
British Chicken Breasts (unit(s))	2	2	2
Red Leicester (grams)	60	60	60
Garlic Clove (unit(s))	1	1	1
Creme Fraiche (grams)	75	75	75
Oil for the Breadcrumbs (tbsp)	2	2	2
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2842 kJ
Energy (kcal)	679 kcal
Fat	41.6 g
of which saturates	16.9 g
Carbohydrate	27.3 g
of which sugars	2.1 g
Dietary Fibre	2.2 g
Protein	47.6 g
Salt	1.71 g

Allergens

Egg, Mustard, Milk, Wheat, Cereals containing gluten

Always check the product labels for allergen information.



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. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Prep the Queso Style Dip

- a) Meanwhile, grate the Red Leicester.
- b) Peel and grate the garlic (or use a garlic press).
- c) In a medium saucepan, mix together the creme fraiche, garlic and cheese. Season with salt and pepper.
- d) 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.



Into the Oven

- a) When the oven is hot, 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.



Finish and Serve

- a) Transfer the queso style dip to your serving bowl.
 - b) Serve with the chicken tenders alongside for dipping.
- Enjoy!

Enjoy your meal!