

Cheesy Chicken Goujons

with Carrot Fries and Sour Cream Dip

hellóchef

Breading chicken is super easy in this recipe which simply leaves the breadcrumbs out!

Cals 885 • Prot 72 • Carbs 62 • Fat 32

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🕒 cook: 30 min

R2869



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Goujons	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Corn starch	60	90	120	Grams
Grana padano 4*, 5*	60	60	120	Grams
Almond flour 1*, 2*	40	60	80	Grams
Salt	1	1	2	Tsp
Organic Eggs 5*	1	2	2	Piece
Vegetable oil	1	2	2	Tbsp

Fries				
Carrot	4	6	8	Piece
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Sesame seeds 3*	10	15	20	Grams

Dip				
Fresh chives	15	15	30	Grams
Sour cream 4*	60	90	120	Grams
Mayonnaise 5*, 9*, 13*	16	24	50	Grams
Garlic powder	2	4	4	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp

Salad				
Olive oil	1	2	2	Tbsp
Balsamic vinegar 14*	15	22	30	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Rocket	40	80	80	Grams

Allergens

*4 Milk, *5 Eggs, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds, *9 Soya, *13 Mustard, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3691 / 885
Fat (g)	31.9
of which saturates (g)	12.4
Carbohydrate (g)	62
of which sugars (g)	17.9
Fiber (g)	13.8
Protein (g)	71.7
Salt (g)	2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make carrot fries

Preheat the oven to 200°C/180°C fan. Peel and slice the **carrots** into fries. Add the fries to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the fries in the **oil** until coated. Roast in the oven for 25 min or until crisp. Once crisp, sprinkle with the **sesame seeds** and bake for 2 min further.



2 Prep

Meanwhile, chop the **chicken** into 8 cm long **goujons**.



3 'Bread' chicken

Add the **corn starch, Grana padano, almond flour** and a pinch of **salt** to a bowl and mix them up. Add the **eggs** to a separate bowl and whisk. Dip the **chicken goujons** in the **eggs**, then coat them in the **cheesy-flour**. Refrigerate.



4 Prep

Meanwhile, in a small bowl whisk the **olive oil** and **balsamic vinegar** with the **salt** and **pepper** - this is your **dressing**. Finely chop the **chives**. In a second small bowl, combine the **sour cream, mayonnaise, garlic powder** and **chives** with the **salt** and **pepper** -this is your **dip**. Wash the **rocket** leaves. Set aside.



5 Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the coated **chicken goujons** and fry them for 5-6 min on each side until golden and cooked through. If the surface starts to brown too quickly, reduce the heat to low. Try not to move the **goujons** around too much.



6 Serve

Toss the **rocket** leaves in the **dressing**. Serve the **chicken goujons** alongside the **carrot fries, rocket salad** and **sour cream dip**.