Baked Buffalo Chicken Tenders

with Ranch Coleslaw and Roast Potatoes

Get ready for a new favourite!

helló chef

Cals 942 • Prot 62 • Carbs 85 • Fat 38

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Before you start

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

Ingredients

Chicken tenders	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Plain flour 10*, 11 *	50	100	100	Grams
Fajita seasoning	10	15	20	Grams
Salt	0.5	1	1	Tsp
Garlic onion powder	4	4	8	Grams
Organic Eggs 5 *	1	2	2	Piece
Panko bread crumbs 10*, 11*, 12*	60	90	120	Grams
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	2	3	4	Tbsp
Sauce				
Butter 4*	30	40	50	Grams
Apple cider vinegar	15	22	30	ML
Sriracha sauce	14	21	28	Grams
Hot sauce	20	30	40	Grams
Brown sugar	5	10	10	Grams
Black pepper	0.5	0.5	1	Tsp
Coleslaw				
White cabbage	300	300	450	Grams
Carrot	1	2	2	Piece
Fresh chives	15	15	15	Grams
Mayonnaise 5*, 9*, 13 *	50	75	100	Grams
Garlic powder	2	4	5	Grams
White vinegar	15	15	30	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Roast potatoes				
Potatoes	450	600	900	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp

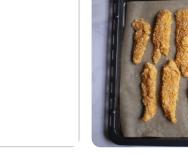
Allergens

*10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *4 Milk, *9 Soya, *13 Mustard

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)	3935 / 942
Fat (g)	38.4
of which saturates (g)	14.5
Carbohydrate (g)	85
of which sugars (g)	14.4
Fiber (g)	13.3
Protein (g)	61.8
Salt (a)	2.6

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



Preheat the oven to 200°C/180°C fan. Chop the **potatoes** (skins on) into small bite-sized pieces. Add them onto a second large baking tray with a drizzle of **oil** and a generous pinch of **salt** and **black pepper**. Roast for 25-30 min until golden and crisp.

1 Roast potatoes

Tip! For even roasting, turn the potatoes half way through cooking.

2 Prep chicken

Slice the **chicken** into goujons. Whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**. Add the **flour** and the **garlic onion powder** to a second shallow bowl and mix. Add the **panko bread crumbs** and **fajita seasoning** to a third shallow bowl.

Tip! Adding a pinch of salt and black pepper to the eggs, flour and panko ensures a well seasoned mix.



3 Bread chicken

One by one, coat the **chicken goujons** in the **seasoned flour** before dipping them in the **beaten egg** and finally coating them in the **panko breadcrumbs**. Place them onto a lined baking tray and drizzle the **breaded chicken** with **oil**. Bake for 15-20 min until golden.



4 Prep coleslaw

Meanwhile, finely shred or slice the **cabbage** as thinly as possible.. Peel and grate the **carrot**. Finely chop the **chives**. Toss the **cabbage**, **carrot** and **chives** in a large bowl and combine with the **mayonnaise**, **garlic powder**, **white vinegar** and **salt**. Mix well and set aside.



5 Make sauce

Add the **butter**, **vinegar**, **sriracha** (**spicy!**), **hot sauce** (**spicy!**) and **sugar** to a small saucepan. Heat over a medium heat, stirring, until the sauce bubbles. Remove from the heat and season with **pepper**. Cover with a lid to keep warm.

Tip! Sensitive to spice? Go east on the sriracha and hot sauce.

6 Serve

Once the **roast poatoes** and **chicken tenders** are done, divide them among plates. Serve the **Buffalo sauce** to the side. Toss the **coleslaw vegetables** in the **ranch dressing**. Mix well. Serve alongside the **chicken tenders**.