

# Baked Buffalo Chicken Tenders

## with Ranch Coleslaw and Roast Potatoes

**hellóchef**

Get ready for a new favourite!

Cals 942 • Prot 62 • Carbs 85 • Fat 38

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🕒 cook: 45 min

R3075



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 <b>10*</b> , <b>11*</b>	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 <b>5*</b>	1	2	2	Piece
Panko bread crumbs <b>10*</b> , <b>11*</b> , <b>12*</b>	60	90	120	Grams
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	2	3	4	Tbsp

Sauce

Butter <b>4*</b>	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 <b>5*</b> , <b>9*</b> , <b>13*</b>	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 (g)	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.



1 Roast potatoes

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.

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



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.



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.



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 easy on the sriracha and hot sauce.



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.



6 Serve

Once the **roast potatoes** 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**.