



PRETZEL-CRUSTED CHICKEN

with Roasted Broccoli and DIY Cheese Sauce

FAMILY



HELLO PRETZELS

Crushed pretzels make the ultimate quick coating for chicken and fish!

TIME: 35 MIN



Chicken Tenders



Pretzels



Mayonnaise



Sour Cream



Cheddar Cheese, shredded



Broccoli, florets



Dijon Mustard



Red Potato

BUST OUT

- 2 Baking Sheets
- Large Pot
- Measuring Cups
- Measuring Spoons
- Potato Masher
- Rolling Pin
- Paper Towel
- Milk **2** (½ cup)
- Shallow Dish
- Small Pot
- Whisk
- Strainer
- Salt and Pepper
- Olive or Canola oil
- Unsalted Butter **2** (4 tbsp)

INGREDIENTS

4-person

- Chicken Tenders **680 g**
- Pretzels **1** **94 g**
- Mayonnaise **3,6,9** **4 tbsp**
- Sour Cream **2** **3 tbsp**
- Cheddar Cheese, shredded **2** **½ cup**
- Broccoli, florets **454 g**
- Dijon Mustard **6,9** **1 ½ tsp**
- Red Potato **600 g**

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **425°F** (to bake chicken and roast broccoli). Start prepping when the oven comes up to temperature!



1 COOK POTATOES Wash and dry all produce.* Cut **potatoes** into ½-inch pieces. In a large pot, combine **potatoes**, **2 tsp salt** and enough **water** to cover (approximately 1 inch). Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer, uncovered, until **potatoes** are fork-tender, 10-12 min.



4 ROAST BROCCOLI Meanwhile, on another baking sheet, toss **broccoli** with **2 tbsp oil**. Season with **salt** and **pepper**. Roast in the **top** of the oven, until **broccoli** is golden-brown and tender, 14-16 min.



2 PREP CHICKEN Meanwhile, cut **broccoli** into bite-sized pieces. In a large zip-top bag, add **pretzels**. Seal shut. Using a rolling pin or bottle, crush **pretzels** inside the bag into a breadcrumb-like texture. Transfer **crushed pretzels** to a shallow dish. Pat **chicken** dry with paper towel. Coat **chicken** all over in **mayo**. Working with **one tender** at a time, press both sides into **pretzels** to coat completely.



5 MAKE CHEESE SAUCE Meanwhile, heat a small pot over medium heat. When the pot is hot, add **sour cream**, **1 tbsp butter**, **¼ cup milk** and **¼ cup water**. Whisk together, over a slow simmer, 2-3 min. Slowly, stir in **cheese** and **mustard**, until **cheese** melts, 1-2 min. Season with **salt** and **pepper**. Remove the pot from the heat and set aside until slightly thickened, 3-5 min.



3 BAKE CHICKEN Transfer **pretzel chicken** to a baking sheet. Bake **chicken** in the **middle** of the oven, until golden-brown and cooked through, 18-20 min. (**TIP:** Cook each piece to a min. internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE When **potatoes** are done, drain and return them to the same pot off the heat. Using a fork or potato masher, mash **3 tbsp butter** and **¼ cup milk** into **potatoes** until smooth. Season with **salt** and **pepper**. Divide **chicken**, **broccoli** and **mash potatoes** between plates. Serve with **mustard cheese sauce** for dipping.

CHEESY!

Sour cream and cheddar combine for a luscious and creamy cheese sauce!