

BAKED CHICKEN TENDERS & ROASTED POTATOES WITH HONEY MUSTARD

Dairy Free | Nut Free

Serves 3 | Active Time 15 Minutes | Total Time 30 Minutes



INGREDIENTS :

1 lb avg Windy Meadows Family Farm Boneless Chicken Breast

5 oz Farmhouse Kitchen Breadcrumbs

1 Vital Farms Pasture-Raised Egg

1.0 lb avg Gundermann Acres Red Potatoes

5 oz Farmhouse Kitchen Honey-Mustard Dipping Sauce

YOU WILL NEED :

Canola, Olive or Other Neutral-Tasting Oil

Salt & Pepper

INSTRUCTIONS :

Preheat the oven to 350°F degrees and prepare the potatoes.

Chop the potatoes into 2" wedges and set aside on a baking sheet. Drizzle the potatoes with 2 tbsp. oil and season with salt and pepper. Toss to coat. Roast the potatoes for 12-15 minutes. The potatoes should become crispy brown but fork tender.

While the potatoes are cooking, prepare the chicken. Pat chicken dry and cut into strips about 1" wide (yielding about 10-12 strips). Set up dredging station: Crack egg into a bowl and whisk until beaten. Pour breadcrumbs into a shallow dish, season with salt and pepper, and set aside.

Using your hands (or a fork), dip one strip into the egg wash and then into breadcrumbs to coat, pressing gently to adhere. Repeat until all chicken is breaded. Apply oil to a sheet tray using a paper towel to create a very light and even layer. Lay tenders on the sheet tray and bake for 15 minutes until browned, or until internal temperature reaches 165°F. Serve with honey mustard dipping sauce and roasted potatoes.

**Farmers and Vendors subject to change based on availability.

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