

CATEGORY	:	Breaded
PRODUCT NAME	:	Chick*n Tenders

PRODUCT DESCRIPTION:



Crispy, juicy and zingy. These tenders are a palette party. Use them with bread and wraps, salads and baps.

ADDITIONAL INFORMATION:

INGREDIENTS:

Water, 23% breadcrumbs (flour (**wheat**), spices, salt, yeast), 10% gluten (**wheat**), vegetable oil (sunflower), starch (**wheat**), 4% pea protein isolate, natural flavouring, flour (**wheat**), modified starch (**wheat**), thickener (methylcellulose), flour (pea), dietary fibres (**oat**), salt, yeast extract, onion powder, spices.

Allergens in bold

EQUIPMENT

1. Open fryer
2. Holding Cabinet

PREPARATION - COOKING PROCEDURE

1. Store in the freezer at -18 °C degrees. Do not refreeze.
2. When opening the box, carefully open the plastic bag. Select the quantity needed for cooking and reseal carefully. If needed, re-pack product in air-tight packaging.
3. Recycle original packaging.

Cooking method 1 (deep fry):

1. Deep fry for 5 minutes (depending on oil temp 180 °C degrees) or until golden. Core temp to be minimum of 85 °C degrees.
2. Place cooked nuggets on a holding tray and rest for 5 minutes.
3. Retain hot at 60 °C for up to 4 hours

Cooking method 2 (oven bake):

1. Place baking paper on a flat baking sheet.
2. Place Mighty nuggets in a basin and add 5% of olive oil / amount of product, mix well. Then place oiled product on the baking sheet. Don't overcrowd the sheet or overlap nuggets.
3. Set temperature at 180 / 200 °C air baking.
4. Bake for a total of 20 minutes and turn mid-cook.
5. Place cooked nuggets on a holding tray and rest for 5 minutes.
6. Retain hot at 60 °C for up to 4 hours.

Pro tip: Note that depending on the oven / fryer you use, temp, gas or electric the cooking temp and time may vary.

Ask your market executive for recipes using the Mighty Nuggets.

For more inspiration check you our YouTube Channel - <https://www.youtube.com/@themightykitchen8385>

Photo guide for oven baking the tenders:



Place tenders on a baking tray, lined with paper.



Coat with oil.



Result after 20 mins oven baked.

Photo guide for the deep fried tenders:



Place tenders in a deep fryer in preheated oil @ 180 C.



Deep dry for 5 minutes (from frozen).



Let rest for a minimum of 5 minutes

SUPPLIER DETAILS & CONTACT DETAILS FOR NEW SUPPLIES		
The Mighty Kitchen LTD	George Vou	www.themightykitchen.com order@themightykitchen.com
NUTRITION VALUE	For 100 g of the product (R.I%)	
Energy (kcal)	266 (13%)	
Protein (g)	19 (38%)	
Fat Content (g)	12 (17%)	
Carbohydrate (g)	20.5 (8%)	
Sugars (g)	2.3 (3%)	
Salt (g)	1.3 (21%)	
Fibres (g)	2.3 (9%)	