



FRIDAYS

Double Denim. Double Benefits.

The lining of your meal kit is made from 100% recycled denim. Specifically designed to protect your food and to protect the environment. And who doesn't look good in double denim?!

Fridays® Sesame Chicken Strips

Ingredients for 2:

(Doubled for 4!)

510g Chicken Strips
Iceberg Lettuce & Rocket
200ml Fridays Legendary Glaze

4g Sesame Seeds/Chilli Flakes
400g Fries
2g Fries Seasoning

Prep time: 3 Minutes

Total cook time: 20 Minutes

Storage: Keep refrigerated below 5°C. Consume by date shown. Not suitable for freezing.



Allergens:
Contains: Wheat,
Barley, Celery,
Mustard, Soya,
Sesame, Sulphites

Method:

1. Turn on oven 220°C/200°C Fan or gas mark 7. Wait until oven is hot before placing food inside.
2. Remove fries from packaging and add to baking tray in a single layer. Cook for 20 minutes, turn fries after 10 minutes to ensure an even cook.
3. Remove chicken strips from packaging and place on an oven proof tray. Ensure chicken is separated.
4. Place chicken strips in oven when fries have been cooking for 8 minutes.
5. Cook chicken strips for 12 minutes. After 6 minutes turn chicken to ensure an even cook.
6. Remove from oven and add to mixing bowl, add one portion of Fridays Legendary Glaze and gently stir to fully coat.
7. Add salad to separate bowl.
8. Shred and share salad between plates.
9. Remove fries from oven and add fries seasoning. Share between plates.
10. Share glazed chicken strips between plates and sprinkle over sesame seeds and chilli flakes.
11. Keep remaining Fridays Legendary Glaze for dipping on the side.

