

HOW TO USE · RANCH SEASONING

RANCH CHICKEN TENDERS WITH WEDGES

Creamy, herby and everyday. Shake over chicken, salad and chips.

SERVES	PREP	COOK
4	15 min	25–30 min

INGREDIENTS

- 600 g chicken tenderloins
- 2 tbsp olive oil
- 2 tbsp Ranch Seasoning (about 12 g)
- 800 g potatoes, cut into wedges
- To serve: green salad and a yoghurt or mayo dip



METHOD (oven)

1. Heat the oven to 200°C fan-forced. Line two trays with baking paper.
2. Toss the potato wedges with 1 tbsp oil and 1 tbsp Ranch Seasoning. Spread on one tray.
3. Pat the chicken dry, toss with the remaining oil and 1 tbsp Ranch Seasoning. Spread on the second tray.
4. Roast the wedges 25–30 minutes, turning once, until golden.
5. Roast the chicken 12–15 minutes, until cooked through (75°C in the thickest piece).
6. Rest the chicken 3 minutes. Serve with the wedges, salad and a cooling dip.

RANCH CHICKEN TENDERS WITH WEDGES

AIR FRYER METHOD

190°C · 8-10 min chicken / 16-20 min wedges

Chicken and wedges in batches

1. Heat the air fryer to 190°C.
2. Cook the seasoned wedges 16–20 minutes, shaking halfway, until golden.
3. Cook the seasoned chicken 8–10 minutes, turning once, until 75°C.
4. Rest 3 minutes and serve.

BBQ / GRILL OPTION

180-200°C · 12-15 min

Chicken on a hooded BBQ

1. Coat chicken tenderloins with oil and Ranch Seasoning.
2. Heat a hooded BBQ to 180–200°C. Oil the grill.
3. Cook 5–7 minutes a side until 75°C. Rest 3 minutes.
4. Serve with salad and a yoghurt dip.

SMOKER OPTION

–

Not ideal for long smoking

1. Ranch Seasoning is best as a finish or short cook rub, not a long smoke.
2. If smoking chicken, season lightly and smoke at 150–160°C until 75°C.
3. Finish with an extra sprinkle after resting.

OTHER WAYS TO USE IT

- → Shake over hot chips, popcorn or roast veg.
- → Stir 1–2 tsp through sour cream, yoghurt or mayo for a quick dip.
- → Season salad leaves, avocado or grilled corn.

SALT This blend already contains salt, so taste before adding any more.