

KIDS' CHICKEN EMPANADAS WITH MAGIC SAUCE

+ Snack: Pretzel Bites with Cheddar Sauce



INGREDIENTS

3 PERSON | 6 PERSON



1 | 2
Apple



2.25 oz | 4.5 oz
Red Grapes



1 | 2
Ketchup



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



7.5 oz | 15 oz
Chicken and
Vegetable
Empanadas
Contains: Wheat



4 oz | 8 oz
Grape Tomatoes



6 oz | 12 oz
Pretzel Bites
Contains: Wheat



4 oz | 8 oz
Cream Sauce
Base
Contains: Milk



½ Cup | 1 Cup
Cheddar Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

WHICH FOOD DOESN'T BELONG?



LUNCH PREP: 5 MIN COOK: 10 MIN | CALORIES: 280 + SNACK COOK: 10 MIN | CALORIES: 320



HELLO FRESH



HELLO

LUNCH + SNACK

Whip up this time-saving, kid-pleasing meal (plus a little something extra!).

FLAVOR SAVOR

Store pretzel bites in an airtight container at room temperature.

Refrigerate cheddar sauce in an airtight container. To reheat sauce, microwave, covered, until warmed through, 20-30 seconds.

BUST OUT

- Small bowl
- Paper towels
- Whisk
- Small pot
- Kosher salt
- Black pepper

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1 PREP & MAKE MAGIC SAUCE

- **Wash and dry produce.**
- Halve, core, and thinly slice **apple**. Halve **grapes** if desired.
- In a small bowl, whisk together **ketchup** and **mayonnaise** until combined.



3 SERVE OR STASH LUNCH

- **To serve:** Divide **empanadas** and **magic sauce** between plates. Serve with **apple slices**, **grapes**, and **tomatoes** on the side.
- **To stash:** Let empanadas cool completely. Refrigerate empanadas, magic sauce, apple slices, grapes, and tomatoes in separate containers and pack as desired!



2 WARM EMPANADAS

- Place **empanadas** in a single layer on a microwave-safe plate (**you may need to work in batches for 6 servings**). Cover with a damp paper towel. Microwave until warmed through, 60-90 seconds.
- **AIR FRYER ALTERNATIVE:** Coat an air fryer basket with cooking spray; arrange empanadas in basket. Coat tops with cooking spray. Air fry at 375 degrees until golden brown, turning halfway through, 10-12 minutes. Work in batches if necessary.



4 MAKE SNACK

- Spray tops of **pretzel bites** with **water**, then sprinkle with **salt**. **TIP: If desired, preheat oven to 350 degrees. Bake salted pretzel bites until warmed, 3 minutes.**
- In a small pot, heat **cream sauce base** over medium-low heat until it reaches a low simmer; cook, whisking, until sauce begins to thicken, 1 minute.
- Reduce heat to low. Gradually whisk in **cheddar** and cook, whisking constantly, until cheese melts and sauce has thickened, 30 seconds. Season with **salt** and **pepper** to taste.
- Serve pretzel bites with **cheddar sauce** on the side for dipping.

*Chicken and Vegetable Empanadas are fully cooked when internal temperature reaches 165°.