
Cooking Rebellyous Tenders

COOKING INSTRUCTIONS

Cook from frozen. Tenders must be cooked to at least 165°F. For best taste and texture, internal temperature should reach 200°F.

DEEP FRYING (RECOMMENDED)

Preheat fryer to 350°F. Deep fry for 3 minutes. Let rest for 3-5 minutes before serving.

OVEN

Preheat oven to 425°F.

Place frozen tenders on a baking sheet in a single layer. Bake for 7 minutes, flip and bake for 7 more minutes.

IMPORTANT: Let rest 4 minutes before serving.

CONVECTION OVEN

Preheat oven to 425°F.

Place frozen tenders on a baking sheet in a single layer. Bake for 7 minutes, flip and bake for 7 more minutes.

IMPORTANT: Let rest 4 minutes before serving.

MICROWAVE (IF YOU MUST)*

Place 2 frozen tenders on a microwave-safe plate. Microwave on high for 1 minute, 20 seconds.

IMPORTANT: Let rest 3 minutes before serving.

*Microwave instructions developed using 1250W microwave. Microwave ovens vary.



Do:

- Store frozen.
- Cook from frozen.
- Cook in a single layer.
- Cook tenders to at least 165°F.
- Cook until internal temperature reaches 200°F.
- Get creative. Serve with a trio of dipping sauces or served atop a bed of salad greens. Add to your favorite chicken recipes. Visit Rebellyous.com for inspiration and ideas.

Do Not:

- Thaw or slack before cooking.
- Cook in layers.