You could order greasy, over-priced takeout...or you could reach into your freezer and pull out the ultimate plant-based solution anytime! No drive-through, pants or delivery apps required.  
  
Introducing Gardein's NEW Ultimate Plant-Based Chick’n Tenders, Nuggets and Filets, available at retailers nationwide. These meatless wonders allow you to indulge your fried chicken cravings whenever the mood strikes. With 15-23 grams of protein per serving, Gardein's Ultimate Plant-Based Chick’n are the perfect way to enjoy crispy, juicy, restaurant-quality meals at home in just a matter of minutes.  
  
And because you can’t fully embrace the glory that is nuggets without a little dip, dip, drip, check out your new favorite plant-based sauce recipes below. Simply mix, dunk and enjoy!  
  
SAUCE FLIGHT RECIPES  
  
  
  
Curry Ketchup: Ketchup kicked up a notch by combining the deep and earthy blends of spices beloved in curry with the sweetness of Hunt’s Ketchup for a flavorful dip that’ll drive your tastebuds wild!  
  
¼ cup yellow onion diced  
1 teaspoon olive oil  
1 ½ teaspoon curry powder  
1 teaspoon paprika  
¼ teaspoon cayenne powder  
¼ teaspoon garlic powder  
1 cup Hunt’s ketchup  
⅓ cup water  
  
Instructions:  
  
In a saucepan, heat olive oil and cook the diced onions until soft and translucent, approx. 3-5 minutes.   
 Add curry powder, paprika, cayenne powder, garlic powder, ketchup, and 1/3 cup water.  Simmer over low heat until thickened, about 5-10 minutes.   
 Using an immersion blender, blend until smooth.  
 Store in a jar in the refrigerator for up to 1 week.  
  
  
Dill Pickle Ranch: A plant-based twist to a creamy household favorite with an unexpected burst of tang from Vlasic pickles. Try dunking Gardein’s Ultimate Plant-based Chick’n tenders for a revamped take on a classic combination.  
  
1 cup vegan mayo  
¼ cup soft tofu  
2 tablespoons dill pickle brine  
1 clove garlic minced  
1 tablespoon fresh dill chopped  
½ teaspoon onion powder  
¼ teaspoon salt  
⅓ cup Vlasic Kosher dill pickles diced small  
  
Instructions:  
  
Add all the ingredients except the diced dill pickles to a blender. Blend until smooth. Transfer to a bowl.  
 Add the diced dill pickle slices and stir until combined.  
 Store in a jar in the refrigerator for up to 3 days.  
  
  
Maple Mustard Sauce: A rich and creamy concoction of briny Gulden’s mustard with sweet, woody notes of Log Cabin syrup. This dip will delight and elevate anything you dunk into it!  
  
½ cup Gulden’s Stone Ground Dijon mustard  
1 tablespoon whole grain mustard  
¼ cup vegan mayonnaise  
1 ⅓ cup Log Cabin syrup  
⅛ teaspoon garlic powder  
¼ teaspoon salt  
  
Instructions:  
  
In a small mixing bowl, combine all the ingredients and whisk together until well mixed.  
 Store in a jar in the refrigerator for up to 1 week.  
  
  
Mango Chili Sauce: Refreshing mangoes and fiery chilies united to create a sweet heat. Pair with Gardein’s Ultimate Plant-based Chick’n Tenders to transport your taste buds to the islands without having to change out of your sweatpants!  
  
½ cup rice wine vinegar  
½ cup cane sugar  
2 tablespoons water  
1 ½ tablespoon Sambal Oelek chili paste (or 1 red jalapeno or Fresno chili – finely diced)  
1 garlic clove, minced  
1 tablespoon lime juice  
½ teaspoon salt  
1 tablespoon cornstarch  
2 tablespoons cool water  
⅓ cup mango diced small  
  
Instructions:  
  
In a medium saucepan, combine rice wine vinegar, cane sugar, 2 tablespoons water, Sambal chili paste/diced jalapeno, minced garlic, lime juice, and salt. Bring to a boil.  
 In a small bowl, combine cornstarch and 2 tablespoons of water together and stir together to create a slurry. Add cornstarch slurry to the saucepan.  
 Stir together and continue to cook until the sauce thickens, approx. 5 minutes.  
 Add the diced mango and cook for 5 more minutes until the mango softens.  
 Remove from the heat and cool before serving.  
 Store in a jar in the refrigerator for up to 1 week.  
  
  
Caramelized Onion BBQ Sauce: This smokey spin on a classic, velvety BBQ sauce features sweet, caramelized onions for an extra depth of deliciousness. Smother your favorite burger, pizza or plant-based chick’n for a taste of summer all year long!  
  
1 medium sweet onion diced small  
1 garlic clove minced  
1 tablespoon olive oil  
2 tablespoons balsamic vinegar  
1 cup Hunt’s Original barbecue sauce  
⅓ cup water  
  
Instructions:  
  
In a large pan, heat oil and cook diced onion and minced garlic over medium heat. Stir and cook until the onions begin to brown and soften, about 10 minutes. Add balsamic vinegar and 2 tablespoons of water and cook for another 2-3 minutes.  
 Add barbecue sauce and 1/3 cup of water. Simmer over low heat until it thickens, about 5-10 minutes.  
 Store in a jar in the refrigerator for up to 1 week.  
  
  
Sriracha Aioli: Tangy-sweet Sriracha blended with the smoothness of an elevated garlicky-mayo for a bold and spicy plant-based sauce perfect for Gardein’s Ultimate Plant-based Chick’n Tenders that will have you shaking your tail feathers!  
  
¼ cup aquafaba (the liquid in a can of cooked chickpeas)  
1 ½ teaspoon apple cider vinegar  
2 teaspoons cane sugar  
½ teaspoon salt  
1 cup canola oil (or neutral flavor oil)  
½ teaspoon garlic powder  
½ teaspoon Dijon mustard  
2 tablespoons Sriracha sauce  
  
Instructions:  
  
In a tall container, add aquafaba, sugar, apple cider vinegar, and salt. Blend on high with an immersion blender.  
 While the immersion blender is running, slowly drizzle the oil into the mixture. Be careful to stream the oil very slowly to make sure the mixture is fully combined so that it emulsifies and gets thick and fluffy. This may take 3-5 minutes.  
 Add Sriracha, Dijon mustard, and garlic powder. Blend until well mixed.  
 Store in a jar in the refrigerator for up to 3 days.  
Ultimate Plant-Based Chick’n Tenders  
  
Dig into our plant-based chick’n tenders, coated in an irresistibly crispy, crunchy breading designed to look, taste, and bake up like real chicken tenders.  
  
Certified vegan, 15 g protein per serving, No dairy ingredients, 15 oz (9 tenders per pack)  
 Available in-store and online at retailers nationwide.  
Ultimate Plant-Based Chick’n Filets  
  
Meat-free and marvelous. Sink your teeth into this crispy, breaded plant-based chick’n filets, made to satisfy like real chicken. Add to a bun with lettuce, tomato, vegan mayo, and all your favorite fast-food fixins for the  chick’n sandwich experience you crave.  
  
Certified vegan, 23 g protein per serving, No dairy ingredients, 15 oz (3 filets per pack)  
 Available in-store and online at retailers nationwide.  
Ultimate Plant-Based Chick'n Nuggets  
  
With an irresistibly crispy golden breading, our plant-based take on this childhood favorite cooks, looks, and tastes like real chicken nuggets. The only question: Which dip to choose?  
  
Certified vegan, 15 g protein per serving, No dairy ingredients, 14.7 oz (4.5 servings per pack)  
 Available in-store and online at retailers nationwide.  
 