

Buffalo Chicken Pops with Ranch Dip



Special Sides 30-35 Minutes • Mild Spice



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Bowl, baking tray and saucepan.

Ingredients

Ingredients	Quantity	
Mayonnaise 8) 9)	32g	
Panko Breadcrumbs 13)	50g	
Chicken Breast**	2	
Cider Vinegar 14)	30ml	
Sriracha Sauce	30g	
Ranch Dressing 7) 8) 9)	90g	
Pantry	Quantity	
Oil for the Breadcrumbs*	2 tbsp	
Water for the Sauce*	75ml	

Sugar for the Sauce* Butter*

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 310g	Per 100g 100g
Energy (kJ/kcal)	3185/761	1027 /246
Fat (g)	52.5	16.9
Sat. Fat (g)	15.4	5.0
Carbohydrate (g)	30.4	9.8
Sugars (g)	10.2	3.3
Protein (g)	42.7	13.8
Salt (g)	2.13	0.69

3 tsp

40g

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think! Share your creations with #HelloFreshSnaps Head to <u>hellofresh.co.uk</u> or use our app to rate this recipe

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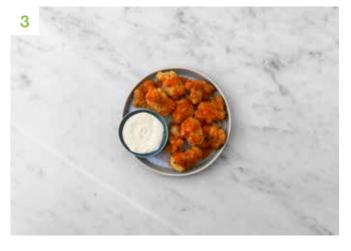
Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ

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Bread the Chicken

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Pop the **mayonnaise** into a medium bowl. In a separate medium bowl, combine the **panko breadcrumbs** and the **oil for breadcrumbs** (see pantry for amount).

c) Cut each **breast** into 3cm chunks. Add to the bowl of **mayo**, season with **salt** and **pepper**, then mix to coat well. Dip the **chicken** into the **breadcrumbs**, ensuring they're completely coated, then transfer to a baking tray.

d) Once the oven is hot, bake on the top shelf until slightly golden and cooked through, 20-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Hello Buffalo Sauce

a) Meanwhile, in a large saucepan, pour in the **cider vinegar** and **water for the sauce** (see pantry for amount). Place the pan onto medium-high heat and bring to the boil. Simmer until reduced by half, 2-3 mins.

b) Stir through the **sriracha** (add less if you'd prefer things milder) and **sugar for the sauce** (see pantry for amount) until thickened, 1-2 mins, then remove from the heat.

c) Mix in the butter (see pantry for amount) until melted. This is your buffalo sauce!

Finish and Serve

a) Once the **chicken pop** are cooked, place them on your serving plate and drizzle over the **buffalo sauce**.

b) Serve the ranch dressing on the side for dipping.

Enjoy!