



Buffalo Chicken Pops with Ranch Dip

Special Sides 30-35 Minutes • Mild Spice

4A

Find all your unchilled Market items in bag A.



Mayonnaise



Panko Breadcrumbs



Chicken Breast



Cider Vinegar



Sriracha Sauce



Ranch Dressing

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

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*	3 tsp
Butter*	40g

*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

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

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1



2



3



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!