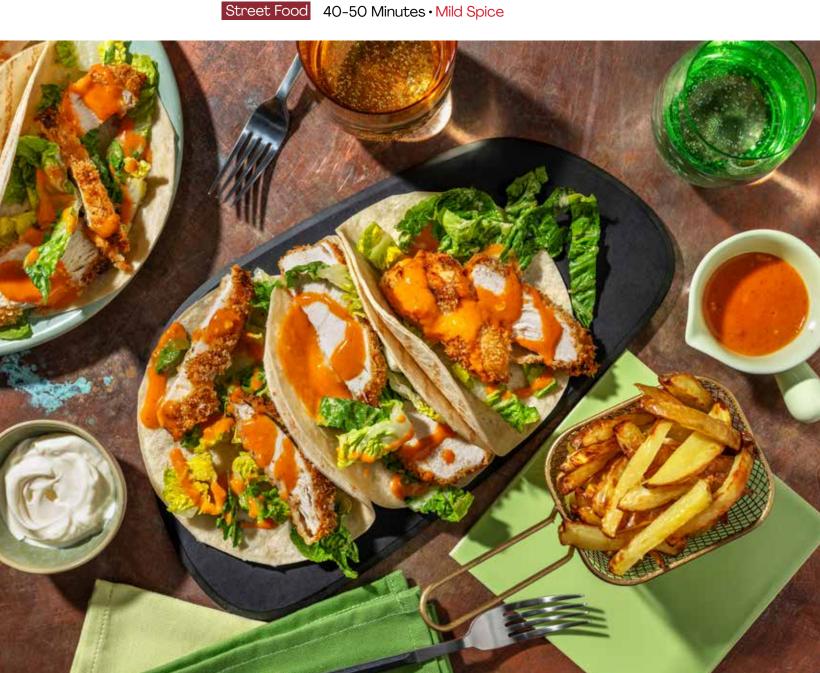


Crispy Buffalo Chicken Tacos and Chips

with Cheddar and Honey Mustard Baby Gem Salad









Potatoes





Panko Breadcrumbs





Central American Style Spice Mix



Mature Cheddar



Baby Gem Lettuce

Sriracha

Cheese



Cider Vinegar





Honey



Creme Fraiche



Honey and Mustard Dressing



Plain Taco Tortilla

Pantry Items

Before you start

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

Cooking tools

Baking tray, baking paper, bowl, whisk and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Breast**	2	3	4
Panko Breadcrumbs 13)	50g	75g	100g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** 7)	40g	60g	80g
Baby Gem Lettuce**	1	2	2
Cider Vinegar 14)	15ml	22ml	30ml
Sriracha	30g	45g	60g
Honey	15g	22g	30g
Creme Fraiche** 7)	75g	120g	150g
Honey and Mustard Dressing 9)	30g	60g	60g
Plain Taco Tortilla 13)	6	9	12
Pantry	2P	3P	4P
Egg*	1	1	2
Salt for the Breadcrumbs*	1/4 tsp	½ tsp	½ tsp
Water for the Sauce*	100ml	150ml	200ml
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	706g	100g
Energy (kJ/kcal)	4844 /1158	686/164
Fat (g)	44.8	6.4
Sat. Fat (g)	16.4	2.3
Carbohydrate (g)	126.8	18.0
Sugars (g)	18.4	2.6
Protein (g)	65.3	9.3
Salt (g)	4.14	0.59

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

Allergens

7) Milk 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.

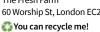
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with oil, season with salt and pepper, then toss to coat. Spread out in a single layer. TIP: Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Bread the Chicken

Meanwhile, sandwich each chicken breast between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2 cm thick. Season with salt and pepper.

Crack the egg (see pantry for amount) into a medium bowl and whisk. In another medium bowl, combine the panko breadcrumbs, Central American style spice mix and the salt (see pantry for amount).

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



Time to Fry

Pop a large frying pan on high heat and add enough oil to coat the bottom of the pan. TIP: You want the oil to be hot so the chicken fries properly heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan, and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Transfer the **chicken** to a large baking tray, then bake on the middle shelf until cooked through, 8-10 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle.



Make your Buffalo Sauce

While the chicken bakes, grate the Cheddar cheese. Trim the baby gem, halve lengthways, then thinly slice.

Carefully discard the hot oil from the chicken pan, then wipe out and return to medium-high heat.

Pour in the cider vinegar and water for the sauce (see pantry for amount). Bring to the boil, then simmer until reduced by half, 2-3 mins.

Stir in the **sriracha** and **honey** until thickened, 1-2 mins. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.



Finishing Touches

Once your buffalo sauce has thickened, stir through the creme fraiche until piping hot, 1-2 mins. Season with salt and pepper.

Add a splash of water if it's a little too thick, then remove from the heat.

When the **chips** have 5 mins left, in a medium bowl, combine the baby gem with the honey and mustard dressing. Season with salt and pepper.

Pop the tortillas (3 per person) into the oven to warm through, 1-2 mins.



Assemble and Serve

When everything's ready, thinly slice the crispy chicken widthways into 2cm thick slices.

Share the **tortillas** between your plates. Top with the salad, crispy chicken slices, a drizzle of **buffalo sauce** and a sprinkle of **cheese** - as much as you'd like.

Serve your **tacos** and **chips** with the **mayo** (see pantry for amount) for dipping. TIP: Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!