

Buffalo Hot Sauce Chicken Pops

with Roasted Garlic and Chive Mayo

Special Sides 30-35 Minutes • Medium Spice











Chicken Breasts

Garlic Clove





Hot Sauce

Chives



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Bowl, baking tray, aluminium foil, saucepan and kitchen scissors.

Ingredients

Ingredients	Quantity	
Mayonnaise 8) 9)	128g	
Breadcrumbs 13)	50g	
Chicken Breasts**	2	
Garlic Clove**	2	
Hot Sauce	100g	
Chives**	1 bunch	

Pantry	Quantity	
Oil for the Breadcrumbs*	2 tbsp	
Butter*	40g	

^{*}Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	335g	100g
Energy (kJ/kcal)	2905 /694	867 / 207
Fat (g)	45.6	13.6
Sat. Fat (g)	14.2	4.2
Carbohydrate (g)	32.5	9.7
Sugars (g)	6.4	1.9
Protein (g)	42.0	12.5
Salt (g)	3.08	0.92

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

Allergens

8) Egg 9) Mustard 13) Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

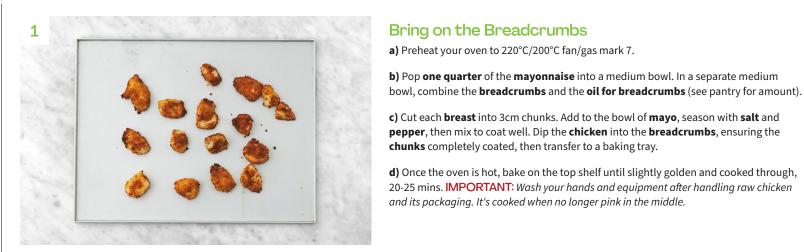
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- a) Meanwhile, pop the garlic (unpeeled) into a small piece of foil with a drizzle of oil and scrunch to enclose it. Roast the parcel on a baking tray on the middle shelf until soft, 10-12 mins.
- **b)** While the **garlic** roasts, in a medium saucepan on medium heat, combine the **hot sauce** (add less if you'd prefer things milder) and **butter** (see pantry for amount) until melted. Set aside. This is your **buffalo sauce**!
- c) Finely chop the chives (use scissors if easier).





- a) Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.
- **b)** In a small bowl, combine the **roasted garlic**, **half** the **chives** and the remaining **mayo**. Season with **salt** and **pepper**.
- **c)** Once the **chicken pops** are cooked, place them on your serving plate and drizzle over the **buffalo hot sauce**.
- **d)** Sprinkle the remaining **chives** over your **chicken bites** and serve the **roasted garlic mayo** on the side for dipping to finish.



