



Buffalo Hot Sauce Chicken Pops

with Roasted Garlic and Chive Mayo

Special Sides 30-35 Minutes • Medium Spice

1A

Find all your unchilled Market items in bag A.



Mayonnaise



Breadcrumbs



Chicken Breasts



Garlic Clove



Hot Sauce



Chives

Pantry Items

Oil, Salt, Pepper, Butter

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.

Contact

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Bring on the Breadcrumbs

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

b) Pop **one quarter** of the **mayonnaise** into a medium bowl. In a separate medium bowl, combine the **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 the **chunks** 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, 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).

Finish and Serve

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.

Enjoy!