



# Epic Father's Day Brunch | Hot Honey Chicken Waffles

with Cheesy Smoky Bacon Beans, Honey Mustard Sausages and Avo Toast

Brunch 35-40 Minutes • Medium Spice

10A

Find all your unchilled Market items in bag A.



Breadcrumbs



British Chicken Breasts



British Honey Mustard Sausages



Garlic Clove



Smoked British Bacon Lardons



Sun-Dried Tomato Paste



Smoky Base Paste



Butter Beans



Hot Sauce



Honey



Ciabatta



Waffle Amour Sugar Pearl Waffles



Greek Style Salad Cheese



Smashed Avocado

### Pantry Items

Egg, 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. Ingredients in red are hot!

## Cooking tools

Bowl, whisk, baking tray, garlic press, saucepan and lid.

## Ingredients

Ingredients	Quantity
Breadcrumbs <b>13)</b>	50g
British Chicken Breasts**	2
British Honey Mustard Sausages** <b>9) 14)</b>	4
Garlic Clove**	1
Smoked British Bacon Lardons**	60g
Sun-Dried Tomato Paste	25g
Smoky Base Paste	1 sachet
Butter Beans	1 carton
Hot Sauce	100g
Honey	30g
Ciabatta**** <b>13)</b>	2
Waffle Amour Sugar Pearl Waffles <b>8) 11) 13)</b>	4
Greek Style Salad Cheese** <b>7)</b>	50g
Smashed Avocado**	1

Pantry	Quantity
Egg*	1
Oil for the Breadcrumbs*	2 tbsp
Sugar*	½ tsp
Butter*	40g

\*Not Included \*\*Store in the Fridge \*\*\*\*Please use the ciabatta within 2 days from the delivery day.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	6839 /1635	843 /202
Fat (g)	84.1	10.4
Sat. Fat (g)	32.8	4.0
Carbohydrate (g)	127.5	15.7
Sugars (g)	35.2	4.3
Protein (g)	84.7	10.4
Salt (g)	8.67	1.07


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

## Allergens

**7)** Milk **8)** Egg **9)** Mustard **11)** Soya **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, mollusc, 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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## Whisk and Stir

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Crack the **egg for binding** (see pantry for amount) into a medium bowl, then whisk the **egg** until combined and season with a pinch of **salt** and **pepper**.
- In a separate medium bowl, combine the **breadcrumbs** and the **oil for the breadcrumbs** (see pantry for amount).



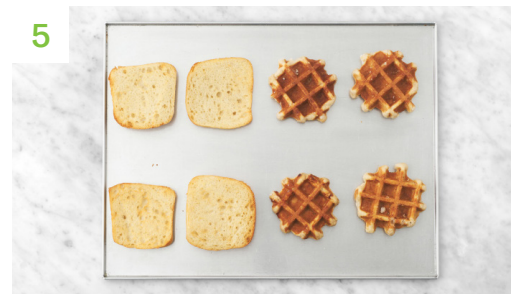
## Make the Hot Honey Sauce

- While the **bacon beans** simmer, combine the **hot sauce** (add less if you'd prefer things milder), **honey** and **butter** (see pantry for amount) in a medium saucepan on medium heat until melted, 1-2 mins, then set aside. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



## Bake the Chicken Strips

- Cut each **chicken breast** into 2cm strips. Season with **salt** and **pepper**, then add to the bowl of **egg** and mix to coat well.
- Pop the **chicken pieces** into the **breadcrumbs**, toss to coat, then transfer to a baking tray. Add the **sausages** to the same tray.
- Pop the **chicken** and **sausages** on the top shelf of the oven and bake until both are cooked through and golden, 20-25 mins. **IMPORTANT: Wash your hands and equipment after handling raw meat and its packaging. They're cooked when no longer pink in the middle.**



## Warm your Toast and Waffles

- Halve the **ciabatta**, then pop them onto another baking tray and into the oven until toasted and golden, 4-5 mins.
- Warm **4 waffles** by popping them in the microwave for 30 secs. If you're using the oven, pop the **waffles** onto the baking tray alongside the **ciabatta** and into the oven to warm through, 2-3 mins. **TIP: Keep the remaining waffle for another recipe.**



## Bring on the Bacon Beans

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.**
- Add the **garlic, sun-dried tomato paste, smoky base paste** and **sugar** (see pantry for amount) to the pan and cook for 1 min, then add the **butter beans** and all their **liquid**.
- Bring to a simmer, then turn down the heat to low and cover with a lid (or some foil) to keep warm until you are ready to serve.



## Your Epic Brunch is Served

- Pop the **smoky bacon beans** into a serving bowl and crumble over **the Greek style cheese**.
- Once warmed, **stack 1 waffle** on top of another, creating **2 waffle stacks**. Top each **waffle stack** with the **chicken strips**, then drizzle over the **hot honey sauce**.
- Spread the **smashed avocado** over the **toasted ciabatta**, then serve up alongside the **bacon beans, honey mustard sausages** and **chicken waffle stacks**.

Enjoy!