










Crispy Buffalo Chicken Tacos and Chips

with Cheddar and Honey Mustard Baby Gem Salad

Street Food 30-40 Minutes • Medium Spice



-  Potatoes
-  British Chicken Breasts
-  Breadcrumbs
-  Central American Style Spice Mix
-  Mature Cheddar Cheese
-  Baby Gem Lettuce
-  Hot Sauce
-  Honey
-  Creme Fraiche
-  Honey and Mustard Dressing
-  Plain Taco Tortillas

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

Baking tray, baking paper, rolling pin, saucepan, bowl, whisk, frying pan and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
British Chicken Breasts**	2	3	4
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
Hot Sauce	100g	150g	200g
Honey	30g	45g	60g
Creme Fraiche** 7	75g	120g	150g
Honey and Mustard Dressing 9	30g	60g	60g
Plain Taco Tortillas 13	6	9	12
Pantry	2P	3P	4P
Egg*	1	1	2
Salt for the Breadcrumbs*	½ tsp	½ tsp	½ tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	735g 5142/1229	100g 700/167
Fat (g)	48.0	6.5
Sat. Fat (g)	16.2	2.2
Carbohydrate (g)	139.6	19.0
Sugars (g)	25.0	3.4
Protein (g)	64.1	8.7
Salt (g)	4.37	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

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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1 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.



4 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.

Add the **hot sauce**, **honey** and **creme fraiche** to the pan, bring to the boil and cook until thickened, 1-2 mins. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

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

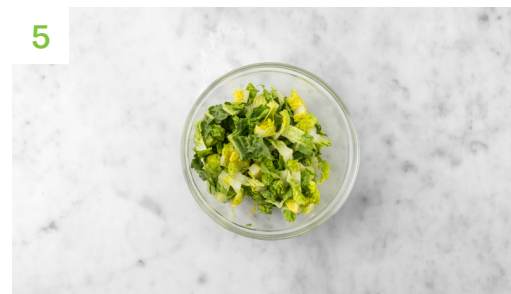


2 Bread the Chicken

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then bash with a rolling pin or the bottom of a saucepan until it's 1-2cm 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 **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.**



5 Finishing Touches

Put the **honey and mustard dressing** in a medium bowl.

When the **chips** have 5 mins left, add the **baby gem** to the **honey and mustard dressing** and toss to coat.

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

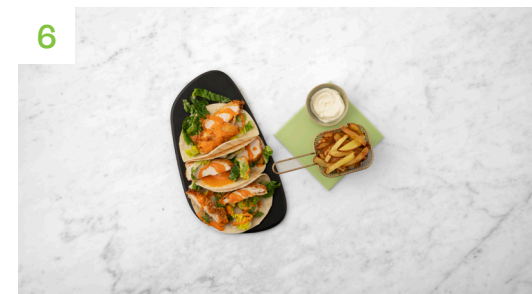


3 Time to Fry

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.**



6 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) and any remaining **buffalo sauce** for dipping. **TIP: Tacos are best enjoyed eaten by hand - get stuck in!**

Enjoy!