



Buffalo Hot Sauce Breaded Chicken Pops with Ranch Dip

Special Sides 30-35 Minutes • Medium Spice

1A

Find all your unchilled Market items in bag A.



Mayonnaise



Breadcrumbs



British Chicken Breasts



Hot Sauce



Ranch Dressing

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 and saucepan.

Ingredients

Ingredients	Quantity
Mayonnaise 8) 9)	32g
Breadcrumbs 13)	50g
British Chicken Breasts**	2
Hot Sauce	100g
Ranch Dressing 7) 8) 9)	90g

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	324g	100g
Energy (kJ/kcal)	3163 /756	976 /233
Fat (g)	52.9	16.3
Sat. Fat (g)	15.8	4.9
Carbohydrate (g)	30.0	9.2
Sugars (g)	5.5	1.7
Protein (g)	41.9	12.9
Salt (g)	2.84	0.88

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

Allergens

7) Milk **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, 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.

Contact

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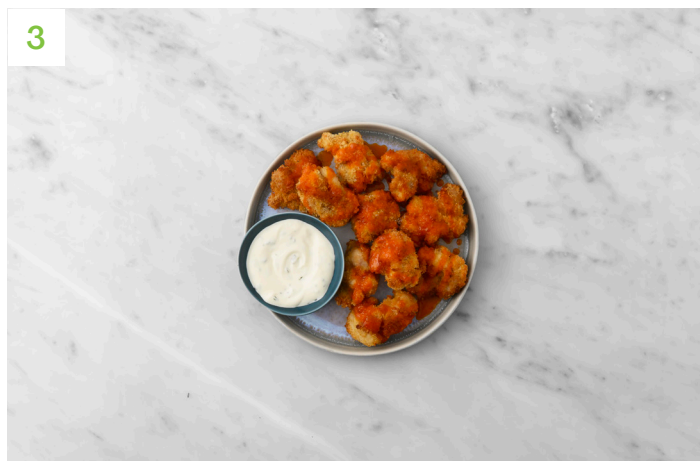
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2



3



Bring on the Breadcrumbs

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

b) Pop 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 **chicken 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.

Hello Buffalo Sauce

a) Once the oven is hot, bake the **chicken pops** 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.

b) Meanwhile, combine the **hot sauce** (add less if you'd prefer things milder) and **butter** (see pantry for amount) in a medium saucepan on medium heat. Heat until melted, then set aside until you're ready to serve. This is your **buffalo hot sauce!**

Finish and Serve

a) Once the **chicken pops** are cooked, place them on your serving plate and drizzle over the **buffalo hot sauce**.

b) Serve the **ranch dressing** in a bowl on the side for dipping.

Enjoy!