



Cheesy Garlic Breaded Chicken Pops with a Parsley and Garlic Butter

Special Sides 30-35 Minutes

1A

Find all your unchilled
Market items in bag A.



Mayonnaise



Breadcrumbs



British Chicken
Breasts



Garlic Clove



Flat Leaf Parsley



Grated Hard Italian
Style Cheese

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.

Cooking tools

Bowl, baking tray, garlic press and saucepan.

Ingredients

Ingredients	Quantity
Mayonnaise 8) 9)	32g
Breadcrumbs 13)	50g
British Chicken Breasts**	2
Garlic Clove**	3
Flat Leaf Parsley**	1 bunch
Grated Hard Italian Style Cheese** 7) 8)	40g

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	262g	100g
Energy (kJ/kcal)	2594 /620	992 /237
Fat (g)	37.7	14.4
Sat. Fat (g)	16.5	6.3
Carbohydrate (g)	23.6	9.0
Sugars (g)	1.1	0.4
Protein (g)	48.4	18.5
Salt (g)	1.91	0.73

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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2



3



Bread the Chicken

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 the 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 are 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.*

Garlic Butter Time

a) Meanwhile, peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).

b) In a medium saucepan, combine the **garlic** and **butter** (see pantry for amount). Season with **salt** and **pepper**, then place the pan onto medium-high heat and stir until the **butter** is melted, 1-2 mins.

c) Stir through the **parsley**, then take off the heat and cover to keep warm.

Finish and Serve

a) Once the **chicken pops** are cooked, pour the **garlic butter** into a large bowl. Add the **chicken pops** and toss to coat.

b) Scatter over the **grated hard Italian style cheese** and toss to coat.

c) Transfer your **cheesy garlic butter chicken pops** to a serving dish to finish.

Enjoy!