



UCOOK

Buffalo Chicken Dip

with baguette rounds & charred corn

This dish is packed with shredded BBQ chicken, tangy sour cream, smooth cream cheese, spicy sriracha, charred corn & loads of melted cheese! This amazing buffalo chicken dip is then baked until golden, bubbly, and perfect for clinging onto toasty baguette rounds! Trust us, you won't be able to stop when you start!

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Ella Nasser

Fan Faves

Waterford Estate | Waterford Heatherleigh
Dessert Wine

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Ingredients & Prep

150g	Free-range Chicken Mini Fillets
5ml	NOMU BBQ Rub
40g	Corn
50ml	Sour Cream
50ml	Full Fat Cream Cheese
7,5ml	Sriracha Sauce
15ml	Lemon Juice
40g	Emmental Cheese <i>grate</i>
1	Sourdough Baguette <i>cut into thick rounds</i>
20g	Salad Leaves <i>rinse</i>
1	Spring Onion <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter
Paper Towel
Seasoning (salt & pepper)

1. CHEEKY CHICK Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel, and season with the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Using two forks, gently shred the chicken and set aside.

2. CHARRED CORN Return the pan to high heat with a drizzle of oil. When hot, fry the corn until charred, 3-4 minutes (shifting occasionally). Season and remove from the pan.

3. LOADED DIP In a bowl, combine the sour cream dip, the sriracha sauce (to taste), the lemon juice, and seasoning. Add the shredded chicken and ½ the charred corn. Mix until fully combined. Place in an ovenproof dish and sprinkle over the grated cheese. Pop in the hot oven and bake until the cheese is melted and golden, 10-15 minutes.

4. TOASTED BAGUETTES Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When melted, add the baguette rounds, cut-side down, and toast until browned, 1-3 minutes per side.

5. QUICK SALAD In a bowl, combine the rinsed salad leaves, the remaining charred corn, ½ the sliced spring onion, a drizzle of olive oil, and seasoning.

6. A GREAT DIP-CISION! Serve up the buffalo chicken dip. Side with the corn salad and the baguette rounds. Sprinkle over the remaining spring onion. Grab a baguette round and get dunking!

Nutritional Information

Per 100g

Energy	805kJ
Energy	193kcal
Protein	12.6g
Carbs	17g
of which sugars	2.6g
Fibre	1.1g
Fat	8.1g
of which saturated	4.6g
Sodium	271mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days