



QCOOK

Buffalo Chicken Dip

with baguette rounds & charred corn

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Fan Faves: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Chardonnay Organic

Nutritional Info	Per 100g	Per Portion
Energy	803kj	4391kj
Energy	192kcal	1050kcal
Protein	12.7g	69.7g
Carbs	17g	92g
of which sugars	2.5g	13.9g
Fibre	1.1g	5.9g
Fat	8g	43.8g
of which saturated	4.6g	25.2g
Sodium	269mg	1473mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Free-range Chicken Breast/s <i>pat dry & cut into 1-2cm thick strips</i>
5ml	10ml	NOMU BBQ Rub
100ml	200ml	Sour Cream Dip <i>(50ml [100ml] Sour Cream & 50ml [100ml] Cream Cheese)</i>
40g	80g	Corn
7,5ml	15ml	Sriracha Sauce
15ml	30ml	Lemon Juice
40g	80g	Emmental Cheese <i>grate</i>
1	2	Sourdough Baguette/s <i>cut into thick rounds</i>
20g	40g	Salad Leaves <i>rinse</i>
1	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 (with a lid) over medium heat with a drizzle of oil. Season the chicken with the NOMU rub. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and allow to rest for 5 minutes. Using two forks, gently shred the chicken and set aside.

2. CHARRED CORN Return the pan to high heat with a drizzle of oil. 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 cheese. Pop in the hot oven and bake until the cheese is melted and golden, 10-15 minutes.

4. TOASTED BAGUETTE 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 salad leaves, the remaining corn, ½ the 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!