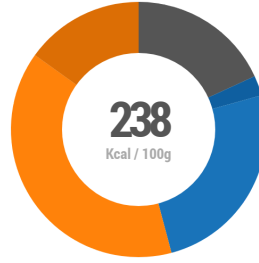


# Breaded Chicken Fillets with Roast Spiced Corn & Ranch Dressing

OVERVIEW ...



CALORIES:

27.7% Carbs

18.1% Protein

54.1% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



MUSTARD



SULPHITES

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

32783 Sysco Classic Crispy Chicken Strips..

CRISPY CRUMB COATED CHICKEN STRIPS

**BRAKES** **100g**

**4x Each**

*unchanged*

129517 Ardo Roasted Corn Mexicana..

ROASTED CORN MEXICANA

**BRAKES** **50g**

*unchanged*

10473 Spring Onions Bunch..

SPRING ONIONS BUNCH FRESH DIRECT

**BRAKES** **5g**

*unchanged*

114212 Chillies Red..

CHILLIES RED FRESH DIRECT

**BRAKES** **5g**

**0.02x Each**

*unchanged*

150624 Lion Ranch Dressing.. - BRAKES

**150624** RANCH DRESSING

**BRAKES** **20g**

**0.02 x Each**

*unchanged*

PRODUCTS / PACK SIZES ...

## 1 Serving



🕒 180g / 432kcal

# 1.0

### SUSTAINABILITY & FOOTPRINT...

Component	Grade	Contribution
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#### Food Production

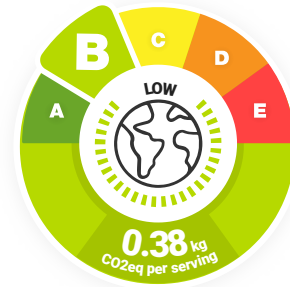
0.38kg

100g	32783 Sysco Classic Crispy Chicken Strips	B	0.31kg
50.0g	129517 Ardo Roasted Corn Mexicana	A	0.02kg
5.00g	10473 Spring Onions Bunch	A	0.00kg
5.00g	114212 Chillies Red	A	0.00kg
20.0g	150624 Lion Ranch Dressing	B	0.04kg

#### Water Usage

69.0l

100g	32783 Sysco Classic Crispy Chicken Strips	X	-
50.0g	129517 Ardo Roasted Corn Mexicana	3	65.7l
5.00g	10473 Spring Onions Bunch	1	1.45l
5.00g	114212 Chillies Red	1	1.90l
20.0g	150624 Lion Ranch Dressing	X	-



foodprint



74% Data Quality Score

#### Your Transport & Packaging:

✓ 1 Serving 180g (serves 1.0)

### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Slice the spring onions and chillies

##### Method:

1. Place the chicken strips in a deep fat fryer @180oC and cook for 2-3mins - drain
2. Meanwhile put the corn in an oven @180oC for 2mins
3. Spoon the corn onto a plate then top with the crispy chicken
4. Drizzle over the ranch dressing
5. Finish with the sliced spring onions and chillies - serve!

