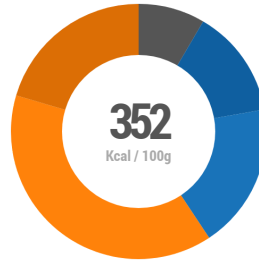


Fried Chicken & Waffles

Buttermilk chicken with waffles and honey butter

OVERVIEW ...



CALORIES:

32.3% Carbs

8.4% Protein

59.3% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

151065 Buttermilk Coated Cooked Chicken Wings.. - BRAKES

151065 BUTTERMILK COATED COOKED CHICKEN WINGS

BRAKES **100g**

0.1 x Each

unchanged

115831 Brakes Belgian Sweet Waffles.. - BRAKES

BELGIAN SWEET WAFFLES

BRAKES **90g**

1x Each



134544 Kuhne Crispy Fried Onions..

FRIED ONIONS

BRAKES **2g**

N/A

136343 Scratch Meals Kaleslaw..

KALESRAW

BRAKES **65g**

unchanged

71128 Brakes Salted Butter.. - BRAKES

BUTTER

BRAKES **16.6g**

unchanged

350157 Brakes Squeezy Clear Blossom Honey..

SQUEEZY CLEAR BLOSSOM HONEY BRAKES

BRAKES **8.3g**

N/A

134293 Sysco Classic Cracked Black Pepper..

BLACK PEPPER

BRAKES **0.2g**

N/A

114212 Chillies Red..

CHILLIES RED FRESH DIRECT

BRAKES **1g**

unchanged

9802 Sysco Classic Extended Life Rapeseed Oil..

RAPESEED OIL

BRAKES **5g**



Unchanged
(used as raw in...

PRODUCTS / PACK SIZES ...

1 Serving



🕒 264g / 938kcal

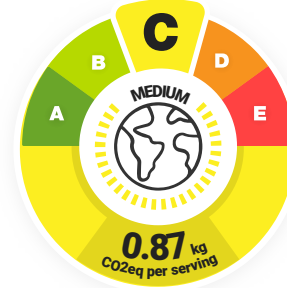
1.0

SUSTAINABILITY & FOOTPRINT...

🏠 Food Production

0.86kg

100g	151065 Buttermilk Coated Cooked Chicken Wings	B	0.31kg
90.0g	115831 Brakes Belgian Sweet Waffles	B	0.34kg
2.00g	134544 Kuhne Crispy Fried Onions	B	0.00kg
65.0g	136343 Scratch Meals Kaleslaw	A	0.04kg
16.6g	71128 Brakes Salted Butter	D	0.16kg
8.30g	350157 Brakes Squeezy Clear Blossom Honey	B	0.01kg
0.20g	134293 Sysco Classic Cracked Black Pepper	B	0.00kg
1.00g	114212 Chillies Red	A	0.00kg
5.00g	9802 Sysco Classic Extended Life Rapeseed Oil	A	0.00kg



💧 Water Usage

538l

100g	151065 Buttermilk Coated Cooked Chicken Wings	X	-
90.0g	115831 Brakes Belgian Sweet Waffles	6	417l
2.00g	134544 Kuhne Crispy Fried Onions	X	-
65.0g	136343 Scratch Meals Kaleslaw	X	-
16.6g	71128 Brakes Salted Butter	7	92.2l
8.30g	350157 Brakes Squeezy Clear Blossom Honey	2	7.41l
0.20g	134293 Sysco Classic Cracked Black Pepper	1	0.06l
1.00g	114212 Chillies Red	1	0.38l
5.00g	9802 Sysco Classic Extended Life Rapeseed Oil	6	21.5l



72% Data Quality Score

🚚 Your Transport & Packaging:

✓ 1 Serving 264g (serves 1.0)

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Whip the butter until white - add honey & cracked pepper
 Continue to whip until fully incorporated
 Place in piping bag and keep at room temperature
 Finely slice chillies

Method:

1. Fry the chicken according to packaging guidelines ensuring fully cooked and piping hot - drain
2. Reheat the waffle in an oven, under a grill or toaster
3. Place the waffle onto your chosen plate or food to go container
4. Spoon on the slaw, followed by the fried chicken
5. Now pipe on the whipped honey butter, top with the onions and sliced chillies - serve!

| U Ref Code: | Nutritics ID: **U8149710** | Last Modified: **6 Nov 2024**
Generated by Nutritics v6.05 on 6th Nov 2024