

SPICY CHICKEN TENDERS WITH CAJUN WAFFLES & HOT HONEY

Heaven for heat-seekers. Crispy chicken tenders drenched in Blenders Hot Sauce, served on spicy Cajun waffles drizzled with hot honey. Served dipped in Blue Cheese Dressing.



PREP TIME
30 MIN



COOK TIME
20 MIN



SERVINGS
4

Ingredients

- 4 chicken breasts, cut into 12 tenders

- 150g [Blenders Hot Sauce](#)

For the flour mix

- 500g plain flour
- 1 tbsp cayenne pepper
- 1 tbsp paprika
- 1 tbsp flaky salt

For the milk mix

- 1 tbsp black pepper
- 2 cups buttermilk
- 50g [Blenders Hot Sauce](#)
- 2 large eggs
- 2 tbsp flaky salt

For the waffle batter

- 150g self-raising flour
- 1 tsp baking powder
- 1 tsp sugar
- 1 large free-range egg
- 240 ml semi-skimmed milk
- 20g Cajun spice

For the hot honey

- 120g honey
- 1 tsp red pepper flakes

Allergens

Contains Gluten, Eggs, Milk

Method

1. You will need two large shallow dishes. One for the dry ingredients and one for the wet ingredients. In the first shallow dish, use a whisk to combine the flour, cayenne pepper, paprika, salt and pepper. In the second shallow dish, whisk together the buttermilk, 150g of [hot sauce](#), eggs and salt.
2. Place a piece of parchment paper on a large baking sheet. Dredge a piece of chicken in the dry flour mixture, making sure to coat the chicken completely.
3. Next, dip the chicken in the wet buttermilk mixture and let the excess drain off. Dip the chicken back into the dry flour mixture again.
4. Place chicken onto the prepared baking sheet and repeat with the rest of the chicken. Let the chicken rest while you heat the oil. This will help the coating adhere to the chicken.
5. Frying the chicken: In a skillet, heat some vegetable oil. Once the oil reaches 180°C, gently slide two or three pieces of the chicken into the pan using tongs.
6. Fry the chicken for 5 minutes, adjusting the heat lower or higher to maintain 180°C. Be sure to gently flip the chicken halfway through the cooking time to ensure even cooking. The chicken will be done when it is golden brown, and the internal temperature of the chicken is 75°C.
7. Once cooked, move the chicken pieces to a wire rack to drain. Repeat with the rest of the chicken, frying in batches.
8. For the waffles: Mix all the dry ingredients together in a large bowl. Gradually beat in the egg, then add the milk slowly, whisking well to get as smooth a batter as possible.
9. Get your waffle machine ready. Once it's hot, ladle in the batter mixture and seal, until your waffles are cooked.
10. For the hot honey: In a small sauce pan warm the honey and chilli flakes for 2-3 minutes but do not allow to boil.
11. To serve: Place waffle in centre of plate. Dunk the chicken tenders in the hot sauce, drain excess sauce and place on top of the waffle. Drizzle with the hot honey and a side of [Blenders Blue Cheese Dressing](#), before serving.