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SOUS VIDE BUFFALO CHICKEN TENDERS

Recipe Details

1. Pre-heat grill to medium high heat. Cut tendons out of the tenderloins. Mark chicken on grill.
2. Set up an immersion circulator/water bath to 75°C/167°F.
3. Place chicken, seasoning, and oil into a vacuum seal bag. Toss in bag until evenly dispersed. Pull a full vacuum on the bag.
4. Set bag in immersion circulator for 40 minutes. Serve hot.

RECIPE TYPE: ENTREES**CUISINE: AMERICA**

NUTRITION INFORMATION (PER SERVING)

CALORIES: 160 CAL**SODIUM: 80 MG****CARBOHYDRATES: 1 G****PROTEIN: 31 G**

MAIN RECIPE | INGREDIENTS | SERVES 4

1 POUND CHICKEN BREAST TENDERLOINS
1 TABLESPOON **LAWRYS® SPICY BUFFALO WINGS
SEASONINGS MIX**
1 TABLESPOON VEGETABLE OIL