

# QCOOK

## Crunchy Chicken Strips & Sriracha Mayo

with charred baby marrows

**Hands-on Time:** 50 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Bertha Wines | Bertha Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	496kJ	3227kJ
Energy	119kcal	772kcal
Protein	10.1g	65.5g
Carbs	9g	58g
of which sugars	2.4g	15.7g
Fibre	1.4g	9.1g
Fat	9g	58.4g
of which saturated	2.7g	17.8g
Sodium	125mg	812mg

**Allergens:** Sulphites, Egg, Tree Nuts, Cow's Milk, Soya, Allium

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
30g	40g	Almonds <i>roughly chop</i>
600g	800g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces</i>
300ml	400ml	Pea Crumb
450g	600g	Free-range Chicken Mini Fillets
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	80g	Sun-dried Tomatoes <i>roughly slice</i>
2	2	Tomatoes <i>rinse &amp; roughly dice</i>
30ml	40ml	Lemon Juice
90g	120g	Danish-style Feta <i>drain</i>
150ml	200ml	Sriracha Mayo <i>(135ml [180ml] Hellmann's Tangy Mayonnaise &amp; 15ml [20ml] Sriracha Sauce)</i>

## From Your Kitchen

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Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water  
Egg/s  
Paper Towel

1. **ALMONDS FIRST** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. **CHAR THE VEG** Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow until charred, 4-5 minutes. Remove from the pan and season.

3. **CRUMB IT UP** Whisk 2 eggs in a shallow dish with a tsp of water. In a second shallow dish, combine the pea crumb and seasoning. Coat each chicken fillet in the egg and then in the pea crumb. Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken strips until golden and cooked through, 1-2 minutes per side. You may need to do this in batches, changing the oil for each batch. Remove from the pan, season, and drain on paper towel.

4. **SIDE SALAD** To a salad bowl, add the salad leaves. Toss through the sun-dried tomatoes, ½ the almonds, the tomato, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

5. **DINNER = SERVED** Serve up the sun-dried tomato salad, scatter over the baby marrow, and crumble over the feta. Top with the golden crumbed chicken strips and drizzle generously with the sriracha mayo. Garnish with the remaining nuts. Enjoy, Chef!