



UCOOK

Cornflake Chicken Tenders

with roasted sweet potato wedges

Crispy fried chicken tenders crusted in crushed cornflakes are served with roasted sweet potato wedges, charred corn salad, and a lip-smacking pesto-mayo. Utterly delicious!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Ella Nasser

Fan Faves

Strandveld | First Sighting Rosé

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Ingredients & Prep

250g	Sweet Potato <i>rinse & cut into wedges</i>
50g	Corn
80g	Baby Tomatoes <i>rinse & cut in half</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
10ml	Lemon Juice
30ml	Self-raising Flour
50g	Cornflakes <i>crush</i>
1	Free-range Chicken Breast <i>pat dry & cut into strips</i>
50ml	Pesto Mayo <i>(40ml Mayo & 10ml Pesto Princess Basil Pesto)</i>
3g	Fresh Parsley <i>rinse & roughly chop</i>

From Your Kitchen

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

1. SWEET WEDGES Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. CHARRED CORN SALAD Place a pan over medium heat with a drizzle of oil. When hot, add the corn and fry until charred, 2-3 minutes (shifting occasionally). Remove from the pan and place in a salad bowl. Add the halved baby tomatoes, the shredded salad leaves, the lemon juice, a drizzle of olive oil, and seasoning to the bowl.

3. PREP THE BREADING Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the crushed cornflakes. Coat the chicken strips in the flour first, then in the egg, and lastly in the crushed cornflakes. When passing through the cornflakes, press it into the meat so it sticks and coats evenly.

4. FRY THE TENDERS Return the pan to medium-high heat with enough oil to cover the base. When hot, add the crumbed tenders and fry until golden and cooked through, 2-3 minutes per side. Drain on paper towel and season.

5. YUM YUM! Plate up the crunchy chicken tenders alongside the sweet potato wedges. Side with the charred corn salad and the pesto mayo for dunking. Sprinkle over the chopped parsley. Voila, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	594kJ
Energy	142kcal
Protein	7g
Carbs	17g
of which sugars	4g
Fibre	1.3g
Fat	4.7g
of which saturated	0.6g
Sodium	120mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Soy, Cow's Milk

Eat
Within
3 Days