

UCCOOK

Kimchi Chicken Fritters

with wasabi yoghurt

Hands-on Time: 25 minutes

Overall Time: 35 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	348kj	2052kj
Energy	83kcal	491kcal
Protein	6.2g	36.4g
Carbs	10g	57g
of which sugars	1g	7g
Fibre	2g	10g
Fat	2.6g	15.2g
of which saturated	0.8g	4.9g
Sodium	68.6mg	404.4mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild



Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10ml	20ml	Cake Flour
200g	400g	Potato <i>rinse & peel (optional)</i>
50g	100g	Kimchi <i>roughly chop</i>
10ml	20ml	Lemon Juice
2,5ml	5ml	Coconut Sugar
50g	100g	Cucumber <i>rinse & peel into ribbons</i>
10ml	20ml	Wasabi Powder
50ml	100ml	Low Fat Plain Yoghurt
150g	300g	Free-range Chicken Mince
20g	40g	Green Leaves <i>rinse & roughly shred</i>
30g	60g	Daikon Rounds <i>rinse & cut into matchsticks</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Tea Towel

1. READY THE ROSTI In a small bowl, mix the flour with 20ml [40ml] of warm water. Mix it well to get all the lumps out. Grate the potato and place in a clean tea towel with ½ the kimchi and some salt. Let it sit for 5-10 minutes so the water is drawn out of the potatoes. Close up the tea towel tightly and squeeze out as much liquid from the potato as possible. Discard the liquid. Place the mixture in a bowl.

2. PREP, PICKLE & MIX In another small bowl, add the lemon juice and coconut sugar. Mix to dissolve the sugar. Add the cucumber to the pickling liquid and set aside. Mix the wasabi powder (to taste) with the yoghurt and set aside.

3. FLAVOURFUL CHICKEN FRITTER Transfer the potato mixture to a medium-sized bowl. Add the flour slurry to the potatoes, mixing it well so it is all covered in the flour mixture. Add the mince and some seasoning. Mix to combine. Place a pan over medium heat with some cooking spray. Divide the mixture into 1-2 [2-4] equal parts. Add the mix to the hot pan and spread out with the back of a spoon (to form a large fritter). Fry until golden, crispy and cooked through, 2-3 minutes a side.

4. A FOOD ADVENTURE Plate up the fritter/s, topped with a dollop of the wasabi yoghurt. Layer it up with the green leaves, the remaining kimchi (to taste), the pickled cucumber and the daikon. Dinner is ready, Chef!

Chef's Tip Flipping the rosti: Cover the pan with a chopping board or a plate. Flip the pan quickly (and with confidence!), so the rosti flips onto the board or plate. Slide the rosti back into the pan, so the uncooked side is on the base of the pan.