



# WCOOK

## Buffalo Chicken Salad

with roasted beetroot

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Waterkloof | Revenant Wild Ferment  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	438kJ	2183kJ
Energy	105kcal	522kcal
Protein	8.5g	42.4g
Carbs	10g	52g
of which sugars	3.3g	16.3g
Fibre	1.6g	8.1g
Fat	3g	15.1g
of which saturated	0.6g	2.9g
Sodium	137.7mg	686.3mg

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into half-moons</i>
150g	200g	Corn
450g	600g	Free-range Chicken Mini Fillets
90ml	120ml	Buffalo Spice <i>(15ml [20ml] Garlic Powder, 30ml [40ml] Smoked Paprika &amp; 45ml [60ml] Cornflour)</i>
90ml	120ml	Buffalo Sauce <i>(60ml [80ml] BBQ Sauce, 15ml [20ml] Sriracha Sauce &amp; 15ml [20ml] White Wine Vinegar)</i>
150ml	200ml	Ranch-style Sauce <i>(75ml [100ml] Low Fat Plain Yoghurt &amp; 75ml [100ml] Hellmann's Tangy Mayonnaise)</i>
8g	10g	Fresh Chives <i>rinse &amp; finely slice</i>
120g	160g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

1. **ROAST** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively: Air fry at 200°C until cooked through, 15-25 minutes (shifting halfway).

2. **CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **BUFFALO CHICKEN** Return the pan to medium heat with enough oil to cover the base. Pat the chicken dry with paper towel and cut into bite-sized chunks. Coat with the buffalo spice and season. When hot, fry the chicken until golden, 1-2 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Coat the chicken with the buffalo sauce.

4. **RANCH DRESSING** In a small bowl, combine the ranch-style sauce with the chives, and loosen with water in 5ml increments until drizzling consistency. Season.

5. **INDULGE** Make a bed of the salad leaves in a bowl. Top with the corn, beetroot, drizzle over the ranch-style dressing, and scatter over the buffalo chicken. Enjoy, Chef!