



UCOOK

Popcorn Chicken & Potato Wedges

with honey-mustard mayo & creamy slaw

You know how difficult it is to stop popping popcorn into your mouth at the movies? With this dish, you will experience the same challenge, Chef! Named for its size & texture similar to popcorn, these unbeatable UCOOK chicken nuggets come with a honey-mustard mayo cabbage slaw and crispy potato wedges.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Suné van Zyl

Adventurous Foodie

Doos Wine | Doos Dry White 3L

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
1	Free-range Chicken Breast <i>pat dry & cut into chunks</i>
25ml	Spice Mix <i>(7,5ml Onion Powder, 5ml Garlic Powder, 10ml NOMU Mexican Spice Blend & 2,5ml Dried Oregano)</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
5ml	Smoked Paprika
100g	Cabbage <i>rinse & thinly slice</i>
50g	Cucumber <i>rinse & roughly dice</i>
10g	Raisins <i>roughly chop</i>
1 unit	Honey Mustard Mayo
60ml	Self-raising Flour
50ml	Buttermilk

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

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

2. SPICE THINGS UP Place the chicken chunks into a bowl and toss with the ½ the spice mix, a drizzle of oil, the grated garlic, the grated ginger, and seasoning. Set aside. In a small bowl, combine the remaining spice mix with the smoked paprika and seasoning. Set aside.

3. CREAMY SLAW In a separate bowl, combine the sliced cabbage, the diced cucumber, the chopped raisins, a drizzle of oil, seasoning and ½ the mayo. Set aside.

4. DIP, FRY & FLAVOUR Prepare a shallow dish containing the flour, seasoned lightly. Prepare a second dish containing the buttermilk. Place a pot over medium-high heat with 4-5cm of oil. When the oil is hot, carefully dip the spiced chicken pieces into the buttermilk, allowing any excess to drip off. Lightly coat in the flour and then carefully lower into the hot oil. Fry until golden brown and cooked through, 2-3 minutes (turning halfway). Place into a bowl, while still hot, and toss with the reserved paprika spice until coated. Set aside.

5. BEST NUGGETS & SIDES EVER Serve the golden nuggets alongside the crispy wedges and the creamy slaw with the remaining mayo on the side for dunking.



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	479kJ
Energy	114kcal
Protein	7.3g
Carbs	19g
of which sugars	8.4g
Fibre	1.9g
Fat	1.1g
of which saturated	0.4g
Sodium	73mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Eat
Within
3 Days