



# WCOOK

## Cornflake Chicken Tenders

with roasted sweet potato wedges

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Ella Nasser

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	591kJ	4028kJ
Energy	141kcal	964kcal
Protein	6.9g	47g
Carbs	17g	117g
of which sugars	4g	27.3g
Fibre	1.3g	9.2g
Fat	4.6g	31.3g
of which saturated	0.5g	3.7g
Sodium	119mg	809mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse &amp; cut into wedges</i>
50g	100g	Corn
80g	160g	Baby Tomatoes <i>rinse &amp; cut in half</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
10ml	20ml	Lemon Juice
30ml	60ml	Self-raising Flour
50g	100g	Cornflakes <i>finely crush</i>
150g	300g	Free-range Chicken Mini Fillets
50ml	100ml	Pesto Mayo <i>(40ml [80ml] Mayo &amp; 10ml [20ml] Pesto Princess Basil Pesto)</i>
3g	5g	Fresh Chives <i>rinse &amp; finely slice</i>

## From Your Kitchen

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

**1. SWEET WEDGES** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C for 15-20 minutes (shifting halfway).

**2. CHARRED CORN SALAD** Place a pan over medium heat with a drizzle of oil. When hot, fry the corn until charred, 2-3 minutes (shifting occasionally). Remove from the pan and place in a salad bowl. Add the baby tomatoes, the 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. Pat the chicken dry with paper towel. Coat the chicken strips in the flour first, then in the egg, and lastly in the 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. Fry 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. Side with the corn salad and the pesto mayo for dunking. Sprinkle over the chives. Voila, Chef!