

UCOOK

Bang Bang Chicken & Fries

with lemony charred corn salad

Get ready for a crispy explosion that could easily blow Wonka's socks off! Herby panko-crumbed chicken dances with golden roasted fries, while a zesty lemony charred corn salad steals the show. It's a taste adventure that'll leave your tastebuds singing!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Strandveld | Adamastor White Blend

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Ingredients & Prep

200g	Potato <i>rinsed, peeled (optional) & cut into 1-2 cm thick fries</i>
150g	Free-range Chicken Mini Fillets
50ml	Buttermilk
40ml	Cornflour
50g	Corn
115ml	Herby Breadcrumbs <i>(100ml Panko Breadcrumbs & 15ml NOMU Provençal Rub)</i>
20g	Salad Leaves
50g	Cucumber
1	Lemon
50ml	Plain Tangy Mayo

From Your Kitchen

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

1. GOLDEN FRIES Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. QUICK PREP Pat the chicken dry with paper towel and cut into bite-sized pieces. In a bowl, combine the buttermilk, the flour, 1 egg, and seasoning. Mix in the chicken pieces and set aside to marinate.

3. CHARRED 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.

4. BANG BANG CHICKEN Place the herby breadcrumbs in a shallow dish and coat the marinated chicken pieces. Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season.

5. JUST BEFORE SERVING Rinse and roughly shred the salad leaves. Rinse and cut the cucumber into half-moons. Rinse and cut the lemon into wedges. In a salad bowl, combine a squeeze of lemon juice (to taste), a drizzle of olive oil, and a sweetener. Toss through the shredded leaves, the cucumber half-moons, and the charred corn, and season.

6. STEP INTO A CULINARY WONDERLAND! Plate up the fries alongside the golden chicken, and drizzle the mayo over the chicken. Side with the charred corn salad. Serve the remaining lemon wedge on the side. Wow, Chef!



Chef's Tip

Air fryer method: Coat the potato fries in oil and season. Air fry at 180°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	640kj
Energy	153kcal
Protein	7.4g
Carbs	16g
of which sugars	1.5g
Fibre	1.8g
Fat	6.7g
of which saturated	1.2g
Sodium	165mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites

Cook
within 3
Days