



UCOOK

Chicken Tenders & Thyme Sauce

with mashed potato & a fresh salad

Few things delight the taste buds like crumbed chicken. These panko breadcrumb-coated chicken tenders are drizzled with a lemon & thyme butter sauce, served next to a smooth potato mash and a fresh salad to balance the richness. This won't be the last time you make this recipe, Chef!


Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 ***NEW Simple & Save**

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized chunks</i>
30ml	Cake Flour
125ml	Panko Breadcrumbs
150g	Free-range Chicken Mini Fillets
3g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
10ml	Lemon Juice
1	Carrots <i>½ rinsed & peeled into ribbons</i>
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Milk (optional)
Paper Towel
Butter

1. MASH Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. OH CRUMBS! In a shallow dish, whisk 1 egg with ½ a tsp of water. Combine the flour and seasoning in a second bowl and place the breadcrumbs in a third bowl. Coat the chicken mini fillets in the flour first, then in the egg, and, lastly, in the breadcrumbs. Press the crumb into the fillets for even coating.

3. FRY THE CHICKEN Place a non-stick pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed mini fillets until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and drain on paper towel.

4. THYME SAUCE Return the pan to medium heat with a drizzle of oil and 30g of butter. When the butter has melted, fry the chopped thyme until fragrant, 1-2 minutes. Remove from the heat, add the lemon juice (to taste), and season.

5. SIDE SALAD In a salad bowl, combine the carrot ribbons and the rinsed salad leaves with a drizzle of olive oil and seasoning.

6. TIME TO EAT Plate up the mashed potato and side with the crispy chicken tenders. Drizzle over the thyme sauce and serve the salad on the side. Delicious!

Nutritional Information

Per 100g

Energy	469kJ
Energy	112kcal
Protein	8.5g
Carbs	19g
of which sugars	1.7g
Fibre	2g
Fat	0.8g
of which saturated	0.2g
Sodium	36mg

Allergens

Egg, Gluten, Dairy, Wheat

Cook
within 3
Days