

# UCCOOK

## Crunchy Chicken Strips & Sriracha Mayo

with charred patty pans

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Nitída | Riesling

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 562kJ    | 3177kJ      |
| Energy             | 134kcal  | 760kcal     |
| Protein            | 11.1g    | 62.9g       |
| Carbs              | 9.3g     | 53g         |
| of which sugars    | 2.2g     | 12.4g       |
| Fibre              | 1.6g     | 8.9g        |
| Fat                | 10.2g    | 57.6g       |
| of which saturated | 3.2g     | 17.6g       |
| Sodium             | 140mg    | 794mg       |

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                   |
|----------|------------|---------------------------------------------------------------------------------------------------|
| 10g      | 20g        | Almonds<br><i>roughly chop</i>                                                                    |
| 120g     | 240g       | Patty Pans<br><i>rinse, trim &amp; cut into bite-sized pieces</i>                                 |
| 100ml    | 200ml      | Pea Crumb                                                                                         |
| 150g     | 300g       | Free-range Chicken Mini Fillets                                                                   |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                                  |
| 15g      | 30g        | Sun-dried Tomatoes<br><i>roughly slice</i>                                                        |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice</i>                                                         |
| 10ml     | 20ml       | Lemon Juice                                                                                       |
| 30g      | 60g        | Danish-style Feta<br><i>drain</i>                                                                 |
| 50ml     | 100ml      | Sriracha Mayo<br><i>(45ml [90ml] Hellmann's Tangy Mayonnaise &amp; 5ml [10ml] Sriracha Sauce)</i> |

## From Your Kitchen

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

1. **ALMONDS FIRST** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. **CHAR THE VEG** Return the pan to medium heat with a drizzle of oil. When hot, fry the patty pans until charred, 3-4 minutes. Remove from the pan and season.

3. **CRUMB IT UP** Whisk 1 egg in a shallow dish with a tsp of water. In a second shallow dish, combine the pea crumb and seasoning. Coat each chicken fillet in the egg and then in the pea crumb. Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken strips until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and drain on paper towel.

4. **SIDE SALAD** To a salad bowl, add the salad leaves. Toss through the sun-dried tomatoes, ½ the almonds, the tomato, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

5. **DINNER = SERVED** Serve up the sun-dried tomato salad, scatter over the patty pans, and crumble over the feta. Top with the golden crumbed chicken strips and drizzle generously with the sriracha mayo. Garnish with the remaining nuts. Enjoy, Chef!