

Eat Within 2 Days

UCOOK

Groovy Crumbed Chicken Burger

with shoestring fries & creamy cheese sauce

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Ropafadzo Zengeni

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	674kJ	5201kJ
Energy	161kcal	1246kcal
Protein	9.9g	76.2g
Carbs	16g	121g
of which sugars	1.9g	15g
Fibre	1.4g	11.1g
Fat	6.6g	51.2g
of which saturated	3g	22.8g
Sodium	165mg	1276mg

Allergens: Egg, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel (optional) & cut into thin matchsticks*
30g	60g	Italian-style Hard Cheese *grate*
1	1	Onion *peel & roughly slice*
2 strips	2 strips	Streaky Pork Bacon *roughly chop*
1	2	Free-range Chicken Breast/s
30ml	60ml	Spiced Flour *(5ml [10ml] South African Seasoning & 25ml [50ml] Flour)*
50ml	100ml	Panko Breadcrumbs
1	2	Burger Bun/s
1	1	Garlic Clove *peel & grate*
2.5ml	5ml	Smoked Paprika
50ml	100ml	Fresh Cream
20g	40g	Green Leaves *rinse*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Egg/s
Butter
Rolling Pin
Cling Wrap

1. SHOESTRING FRIES Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the fries and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Remove from the oven and toss through ½ of the grated cheese and seasoning.

2. SWEET ONIONS & BACON Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add bacon and a sweetener (to taste). Remove from the pan and cover.

3. FLATTEN THE CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Cover with cling wrap, pummel with a rolling pin to create an even thickness and season.

4. CRUMB COATING Whisk 1 egg in a bowl with a splash of water. Prepare two shallow dishes: one containing the spiced flour, and one containing the crumb. Coat the chicken in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each breast. Set aside.

5. GOLDEN CHICKEN Return the pan to medium heat and wipe it down with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan and drain on paper towel.

6. TOAST & CREAMY CHEESE SAUCE Halve the burger bun/s, and spread butter or oil over the cut-side. Return the pan, wiped down, to medium heat. Toast the bun/s, cut-side down, until golden, 1-2 minutes. Remove from the pan. Return the pan to medium heat with a knob of butter. Fry the garlic and paprika until fragrant, 30-60 seconds. Mix in the cream, remaining cheese and a splash of water. Simmer until slightly thickened, 1-2 minutes. Remove from the heat and season.

7. TIME TO INDULGE Top the bottom half of the burger bun/s with the green leaves, chicken and caramelised onion and bacon, then cover with the top bun/s. Cut the burger/s in half. Make a bed of cheese sauce on one side of the plate and place the burger halves cut-side down on top. Serve the shoestring fries on the side. Enjoy, Chef, by smooshing the burger into the sauce with every bite!

Chef's Tip The cheese sauce should be smooth and pourable. Loosen if needed with warm milk or water.