



# UCCOOK

## Popcorn Chicken & Potato Wedges

with honey-mustard mayo & creamy slaw

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Suné van Zyl

**Wine Pairing:** Ntirída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	584kJ	4045kJ
Energy	140kcal	967kcal
Protein	7.3g	50.8g
Carbs	13g	90g
of which sugars	2.5g	17.4g
Fibre	1.9g	13.1g
Fat	6.6g	45.8g
of which saturated	1.2g	8.3g
Sodium	72mg	501mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse &amp; cut into wedges</i>
3	4	Free-range Chicken Breasts <i>pat dry &amp; cut into chunks</i>
75ml	100ml	Spice Mix <i>(22,5ml [30ml] Onion Powder, 15ml [20ml] Garlic Powder, 30ml [40ml] NOMU Mexican Spice Blend &amp; 7,5ml [10ml] Dried Oregano)</i>
2	2	Garlic Cloves <i>peel &amp; grate</i>
30g	40g	Fresh Ginger <i>peel &amp; grate</i>
15ml	20ml	Smoked Paprika
300g	400g	Cabbage <i>rinse &amp; thinly slice</i>
150g	200g	Cucumber <i>rinse &amp; roughly dice</i>
30g	40g	Raisins <i>roughly chop</i>
150ml	200ml	Hellmann's Tangy Mayonnaise
180ml	250ml	Self-raising Flour
150ml	200ml	Buttermilk

## From Your Kitchen

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

1. **WONDERFUL WEDGES** Preheat the oven to 200°C. Spread the 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 until crispy, 25-30 minutes.

2. **SPICE THINGS UP** Place the chicken into a bowl and toss with ½ the spice mix, a drizzle of oil, the garlic, the ginger, and seasoning. Set aside. In a small bowl, combine the remaining spice mix with the smoked paprika and seasoning. Set aside.

3. **CREAMY SLAW** In a separate bowl, combine the cabbage, the cucumber, the raisins, a drizzle of oil, seasoning, and ½ the mayo. Set aside.

4. **DIP, FRY & FLAVOUR** Prepare a shallow dish containing the flour, seasoned lightly. Prepare a second dish containing the buttermilk. Place a pot over medium-high heat with 4-5cm of oil. When the oil is hot, carefully dip the chicken into the buttermilk, allowing any excess to drip off, then lightly coat in the flour, and then carefully lower into the hot oil. Fry until golden brown and cooked through, 2-3 minutes (turning halfway). Place into a bowl, while still hot, and toss with the reserved paprika spice until coated. Set aside.

5. **BEST NUGGETS & SIDES EVER** Serve the golden nuggets alongside the crispy wedges and the creamy slaw with the remaining mayo on the side for dunking.