

UCOOK

Bang Bang Chicken & Fries

with lemony charred corn salad

Get ready for a crispy explosion that could easily blow your culinary 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: 2 People

Chef: Kate Gomba

Fan Faves

Deetlefs Wine Estate | Deetlefs Stonecross
Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

400g	Potato <i>rinse, peel (optional) & cut into 1-2 cm thick fries</i>
300g	Free-range Chicken Mini Fillets
100ml	Buttermilk
90ml	Cornflour
100g	Corn
230ml	Herby Breadcrumbs <i>(200ml Panko Breadcrumbs & 30ml NOMU Provençal Rub)</i>
1	Lemon <i>rinse & cut into wedges</i>
40g	Salad Leaves
40g	Piquanté Peppers <i>drain</i>
2 units	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 In a salad bowl, combine a squeeze of lemon juice (to taste), a drizzle of olive oil, and a sweetener (to taste). Toss through the shredded salad leaves, the drained peppers, the charred corn, and seasoning.

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	554kj
Energy	132kcal
Protein	6.2g
Carbs	16g
of which sugars	2.1g
Fibre	2g
Fat	5.4g
of which saturated	1g
Sodium	100mg

Allergens

Egg, Gluten, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days