



UCCOOK

Hot Honey Chicken Tenders

with potato wedges & a hot honey sauce

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

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

Nutritional Info

	Per 100g	Per Portion
Energy	747kJ	5291kJ
Energy	179kcal	1265kcal
Protein	7.2g	50.7g
Carbs	19g	138g
of which sugars	6.4g	45.2g
Fibre	1.6g	11.7g
Fat	8g	56.6g
of which saturated	1.2g	8.3g
Sodium	66mg	464mg

Allergens: Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
10ml	20ml	Smoked Paprika
10g	20g	Sunflower Seeds
100g	200g	Cabbage <i>rinse & thinly slice</i>
50g	100g	Cucumber <i>rinse & cut into thin matchsticks</i>
50ml	100ml	Hellmann's Tangy Mayonnaise
1	1	Spring Onion <i>rinse, trim & finely chop</i>
150g	300g	Free-range Chicken Mini Fillets
40ml	80ml	Cake Flour
50g	100g	Cornflakes <i>lightly crush</i>
35ml	70ml	Sweet Vinegar <i>(30ml [60ml] Honey & 5ml [10ml] Apple Cider Vinegar)</i>
2	4	Banhoeck Chilli Oil Sachets

From Your Kitchen

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

1. PAPRIKA POTATO WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, ½ the smoked paprika, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. CREAMY COLESLAW In a bowl, toss together the cabbage, the cucumber, ½ the toasted seeds, the mayo, ½ the spring onion, and seasoning. Set aside.

4. CORNFLAKE-CRUST CHICKEN Pat the chicken dry with paper towel. Whisk 1 egg in a shallow dish with 1 tsp of water. Prepare two more shallow dishes: one containing ⅔ (about 40ml [60ml]) of the flour (seasoned lightly) and the other containing the cornflakes. Coat the chicken in the flour first, then in the egg, and, lastly, in the cornflakes. When passing through the cornflakes, press it into the meat so it sticks and coats evenly.

5. THE CRUNCH FACTOR 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.

6. SWEET-HOT OIL Return the pan to medium-high heat. Add the sweet vinegar, the remaining smoked paprika, and the chilli oil (to taste). Simmer until thickening, 1-2 minutes. Loosen with 1 [2] tbsp of water. Remove from the heat and set aside. Keep in the pan to reheat before serving.

7. A MEMORABLE MEAL Serve up the crispy cornflake tenders and drizzle with the hot honey sauce. Plate the golden potatoes and the creamy slaw alongside. Garnish with the remaining toasted seeds and the spring onions.