



# UCOOK

## Buffalo Chicken Salad

**with roasted beetroot**

Spice, sauce, and a ranch dressing you will relish, Chef! Chicken mini fillets are tossed with a UCOOK buffalo spice, fried until golden, and coated with another UCOOK culinary creation, buffalo sauce! Served with fresh greens, roasted beetroot and a rich ranch dressing, because today we're indulging in deliciousness.

---

**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

---

**Serves:** 3 People

---

**Chef:** Kate Gomba

---

Simple & Save

---

Laborie Estate | Laborie Sauvignon Blanc

---

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

## Ingredients & Prep

450g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into half-moons</i>
450g	Free-range Chicken Mini Fillets
90ml	Buffalo Spice <i>(15ml Garlic Powder, 30ml Smoked Paprika &amp; 45ml Cornflour)</i>
150ml	Ranch-style Sauce <i>(75ml Low Fat Plain Yoghurt &amp; 75ml Hellmann's Tangy Mayo)</i>
150ml	Buffalo Sauce <i>(90ml BBQ Sauce, 30ml Sriracha Sauce &amp; 30ml White Wine Vinegar)</i>
8g	Fresh Chives <i>rinse &amp; finely slice</i>
120g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. ROAST** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively: Air fry at 200°C until cooked through, 15-25 minutes (shifting halfway).

**2. BUFFALO CHICKEN** Place a pan over medium heat with enough oil to cover the base. Pat the chicken dry with paper towel and cut into bite-sized chunks. Coat with the buffalo spice and season. When hot, fry the chicken pieces until golden, 1-2 minutes (shifting occasionally). Remove from the pan and drain on a paper towel. Coat the chicken with the buffalo sauce.

**3. RANCH DRESSING** In a small bowl, combine the ranch-style sauce with the sliced chives, and loosen with water in 5ml increments until drizzling consistency. Season.

**4. INDULGE** Make a bed of the shredded leaves in bowls. Top with the roasted beetroot, drizzle over the ranch-style dressing, and scatter over the buffalo chicken. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	511kj
Energy	122kcal
Protein	8.7g
Carbs	10g
of which sugars	4.3g
Fibre	1.5g
Fat	5.3g
of which saturated	1g
Sodium	152mg

## Allergens

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

Eat  
Within  
3 Days