



UCOOK

Golden Chicken Fritters & Wedges

with honey mustard mayo & fresh oregano

Crispy homemade chicken, carrot & oregano fritters are drizzled with a honey mustard mayo, and served with oven-roasted potato wedges and a fresh green leaf salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Simple & Save

Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
120g	Carrot <i>rinse, trim, peel & grate</i>
150g	Free-range Chicken Mince
15ml	Savoury Flour <i>(10ml Cake Flour & 5ml NOMU Poultry Rub)</i>
3g	Fresh Oregano <i>rinse & pick</i>
1 unit	Honey Mustard Mayo
20g	Salad Leaves <i>rinse</i>

From Your Kitchen

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

1. ROAST WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. PREP THE MINCE Place the grated carrot in a clean tea towel. Close up tightly and squeeze out as much liquid as possible. Discard the liquid and place the drained carrot in a bowl. Add the mince, the savoury flour, ½ the picked oregano, 1 egg, and seasoning. Mix until fully combined. Add an extra splash of water if it's too thick.

3. FRY THE FRITTERS Place a pan over medium-high heat with enough oil to cover the base. Once hot, scoop 2 tbsp of the fritter mixture into the hot oil. Flatten slightly and repeat with the remaining mixture, leaving a 1cm gap between the fritters. You may need to do this step in batches. Fry until crispy and cooked through, 3-4 minutes per side. Remove from the pan and drain on paper towel.

4. LAST TOUCHES In a small bowl, loosen the mayo with water in 5ml increments until drizzling consistency. In a salad bowl, toss the rinsed salad leaves with a drizzle of olive oil.

5. TUCK IN! Plate up the chicken fritters. Drizzle over the mayo. Side with the dressed leaves and the potato wedges. Garnish with the remaining oregano. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	470kj
Energy	112kcal
Protein	6.1g
Carbs	17g
of which sugars	9g
Fibre	1.7g
Fat	2.3g
of which saturated	0.6g
Sodium	52mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Eat
Within
1 Day