



UCOOK

Crumbed Chicken Strips & Sriracha Mayo

with charred baby marrow & crispy chickpeas

Golden pea-crumbed chicken strips steal the spotlight in this vibrant dish. These crunchy bars sit atop a vibrant salad featuring charred baby marrow, smoky chickpeas, tangy sun-dried tomatoes, tomatoes, and the nutty allure of toasted almonds. Crowned with creamy feta and a generous drizzle of sriracha mayo.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Carb Conscious

Neil Ellis Wines | Neil Ellis Wild Flower Rosé 2023

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Ingredients & Prep

10g	Almonds <i>roughly chop</i>
60g	Chickpeas <i>drain & rinse</i>
150g	Baby Marrow <i>rinse, trim & cut into bite-sized rounds</i>
100ml	Pea Crumb
150g	Free-range Chicken Mini Fillets
20g	Salad Leaves <i>rinse & roughly shred</i>
15g	Sun-dried Tomatoes <i>drain & roughly slice</i>
1	Tomato <i>rinse & roughly dice</i>
10ml	Lemon Juice
30g	Danish-style Feta <i>drain</i>
1 unit	Sriracha Mayo

From Your Kitchen

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

1. ALMONDS FIRST Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. GOLDEN CHICKPEAS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the rinsed chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan, season, and set aside.

3. CHAR THE BABY MARROW Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes. Remove from the pan and season.

4. CRUMB IT UP Whisk 1 egg in a shallow dish with a tsp of water. In a second shallow dish, combine the pea crumb and seasoning. Coat each chicken fillet in the egg and then in the pea crumb. Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken strips until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and drain on paper towel.

5. SIDE SALAD To a salad bowl, add the shredded leaves. Toss through the sliced sun-dried tomatoes, ½ the toasted almonds, the crispy chickpeas, the diced tomato, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

6. DINNER = SERVED Serve up the chickpea & sun-dried tomato salad, scatter over the charred baby marrow, and crumble over the drained feta. Top with the golden crumbed chicken strips and drizzle generously with the sriracha mayo. Garnish with the remaining toasted nuts. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	638kJ
Energy	152kcal
Protein	10.5g
Carbs	10g
of which sugars	2.6g
Fibre	1.8g
Fat	11.5g
of which saturated	3.2g
Sodium	136mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days