



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: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Laborie Estate | Laborie Sauvignon Blanc

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Ingredients & Prep

150g	Beetroot <i>rinse, trim, peel (optional) & cut into half-moons</i>
150g	Free-range Chicken Mini Fillets
30ml	Buffalo Spice <i>(5ml Garlic Powder, 10ml Smoked Paprika & 15ml Cornflour)</i>
50ml	Buffalo Sauce <i>(30ml BBQ Sauce, 10ml Sriracha Sauce & 10ml White Wine Vinegar)</i>
50ml	Ranch-style Sauce <i>(25ml Low Fat Plain Yoghurt & 25ml Hellmann's Tangy Mayo)</i>
3g	Fresh Chives <i>rinse & finely slice</i>
40g	Salad Leaves <i>rinse & 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, 20-25 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 a bowl. 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