

QCOOK

Crunchy Chicken Strips & Sriracha Mayo

with charred baby marrows

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	496kJ	3227kJ
Energy	119kcal	772kcal
Protein	10.1g	65.5g
Carbs	9g	58g
of which sugars	2.4g	15.7g
Fibre	1.4g	9.1g
Fat	9g	58.4g
of which saturated	2.7g	17.8g
Sodium	125mg	812mg

Allergens: Sulphites, Egg, Tree Nuts, Cow's Milk, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds <i>roughly chop</i>
200g	400g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
100ml	200ml	Pea Crumb
150g	300g	Free-range Chicken Mini Fillets
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>roughly slice</i>
1	1	Tomato <i>rinse & roughly dice</i>
10ml	20ml	Lemon Juice
30g	60g	Danish-style Feta <i>drain</i>
50ml	100ml	Sriracha Mayo <i>(45ml [90ml] Hellmann's Tangy Mayonnaise & 5ml [10ml] Sriracha Sauce)</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Egg/s

Paper Towel

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

3. **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.

4. **SIDE SALAD** To a salad bowl, add the salad leaves. Toss through the sun-dried tomatoes, ½ the almonds, the tomato, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

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