



UCCOOK

Crispy Chicken & Silky Potato Mash

with herby creamy mayo & piquanté peppers

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Fryer's Cove | Fryers Cove Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	433kJ	1838kJ
Energy	104kcal	440kcal
Protein	9.6g	40.8g
Carbs	10g	41g
of which sugars	1.6g	6.8g
Fibre	1.3g	5.4g
Fat	3g	12.7g
of which saturated	1.5g	6.5g
Sodium	30mg	126mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
40ml	80ml	Spiced Flour <i>30ml [60ml] Flour & 10ml [20ml] South African Seasoning</i>
150ml	300ml	Panko Breadcrumbs
150g	300ml	Free-range Chicken Mini Fillets
10ml	20ml	Lemon Juice
20g	40g	Piquanté Peppers <i>drain</i>
20g	40g	Salad Leaves <i>rinse & roughly ahred</i>
50ml	100ml	Creamy Mayo <i>25ml [50ml] Crème Fraîche & 25ml [50ml] Mayo</i>
3g	5g	Fresh Dill <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Egg/s
Butter (optional)
Milk (optional)

1. MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. OH CRUMBS! In a shallow dish, whisk 1 egg with a splash of water. Add the spiced flour to a second bowl and place the breadcrumbs in a third bowl. Pat the chicken dry with paper towel and season. Coat the chicken in the spiced flour first, then in the egg, and, lastly in the breadcrumbs. Press the crumb into the fillets for an even coating.

3. FRY THE CHICKEN Place a non-stick pan over medium-high heat with enough oil to cover the base. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan and drain on paper towel.

4. SIDE SALAD In a salad bowl, combine the lemon juice, a drizzle of olive oil and mix to emulsify. Add the salad leaves, peppers, and seasoning.

5. HERBY CREAMY MAYO In a bowl, combine the creamy mayo and the dill.

6. TIME TO EAT Dish up the mash, side with the crumbed chicken, and a dollop of the herby mayo. Serve alongside the fresh salad and enjoy, Chef!