



UCOOK

Crispy Chicken Tenders & Carrot Fries

with That Mayo

Crispy fried chicken tenders crusted in panko breadcrumbs are served with roasted carrot wedges infused in NOMU's African Rub. Sided with a fresh green leaf salad and creamy mayo for dunking. Lekker!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Simple & Save

 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

240g	Carrot <i>rinsed, trimmed, peeled & cut into wedges</i>
5ml	NOMU African Rub
30ml	Cake Flour
100ml	Panko Breadcrumbs
150g	Free-range Chicken Mini Fillets
10ml	Lemon Juice
20g	Salad Leaves <i>rinsed & roughly shredded</i>
30ml	That Mayo (Original)

From Your Kitchen

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

1. ROAST CARROT Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CHICKEN PREP Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the breadcrumbs. Pat the chicken dry with paper towel and season. Coat the chicken pieces in the flour first, then in the egg, and lastly in the breadcrumbs.

3. FRYING MOMENT Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed tenders until golden and cooked through, 1-2 minutes per side. Drain on paper towel and season.

4. DO THE SIDES In a bowl, combine the lemon juice with a drizzle of olive oil and seasoning. Toss through the shredded salad leaves. In a small bowl, combine the mayo with a splash of water, and season.

5. TIME TO EAT Plate up the roasted carrot. Side with the golden chicken tenders and the dressed salad leaves. Serve the mayo on the side for dunking. Well done, Chef!

Chef's Tip

Air fryer method: Coat the carrot wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	543kj
Energy	130kcal
Protein	8.8g
Carbs	18g
of which sugars	2.9g
Fibre	2g
Fat	2.8g
of which saturated	0.8g
Sodium	109mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days