

Eat Within 3 Days

QCOOK

## Southern Fried Chicken Bites

**with charred corn on the cob & fries**

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Delheim Wines | Delheim Staying Alive Riesling

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 621kJ | 4383kJ |
| Energy | 149kcal | 1049kcal |
| Protein | 6.9g | 48.8g |
| Carbs | 15g | 106g |
| of which sugars | 2.3g | 16.3g |
| Fibre | 1.4g | 10.2g |
| Fat | 7.1g | 49.8g |
| of which saturated | 1.3g | 9.1g |
| Sodium | 134mg | 942mg |

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

**Spice Level:** Mild

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 600g | 800g | Potato<br>*rinse, peel (optional) & cut into 1-2 cm thick fries* |
| 450g | 600g | Free-range Chicken Mini Fillets |
| 150ml | 200ml | Buttermilk |
| 125ml | 160ml | Cornflour |
| 3 | 4 | Corn on the Cobs<br>*remove silks & cut in half* |
| 300ml | 400ml | Herby Breadcrumbs<br>*(255ml [340ml] Breadcrumbs & 45ml [60ml] NOMU Rub)* |
| 45ml | 60ml | Lemon Juice |
| 60g | 80g | Salad Leaves<br>*rinse & roughly shred* |
| 60g | 80g | Piquanté Peppers<br>*drain* |
| 150g | 200g | Cucumber<br>*rinse & cut into half-moons* |
| 150ml | 200ml | Hellmann's Original Mayo |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Egg/s
Butter

1. GOLDEN FRIES Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 35-40 minutes. At the halfway mark, gently shift the fries and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. QUICK PREP Pat the chicken dry with paper towel and cut into bite-sized pieces. In a bowl, combine the buttermilk, flour, 2 eggs, and seasoning. Mix in the chicken pieces and set aside to marinate.

3. CHARRED CORN Place a pan (that has a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Remove the lid and add a knob of butter. Fry until lightly charred, 4-5 minutes (turning as it colours). Remove from the pan, season, and set aside.

4. CRUMBED CHICKEN Place the herby breadcrumbs in a shallow dish and coat the marinated chicken pieces. Return the pan to medium heat with enough oil to cover the base. Fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. You may need to do this step in batches.

5. JUST BEFORE SERVING In a salad bowl, combine the lemon juice (to taste), a drizzle of olive oil, and a sweetener (to taste). Toss through the salad leaves, peppers, cucumber, and seasoning.

6. STEP INTO A CULINARY WONDERLAND! Plate up the fries alongside the golden chicken, and dollop the mayo over the chicken. Side with the charred corn and the salad. Wow, Chef!

**Chef's Tip** Southern fried chicken was shaped by the Scottish frying techniques and West African culinary traditions, creating the crispy, seasoned classic we know today.