



UCOOK

Crispy Chicken Tenders & Carrot Wedges

with tangy mayo

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

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

Simple & Save

 Laborie Estate | Laborie Sauvignon Blanc
2023

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Ingredients & Prep

720g	Carrot <i>rinse, trim, peel & cut into wedges</i>
15ml	NOMU BBQ Rub
90ml	Cake Flour
300ml	Panko Breadcrumbs
450g	Free-range Chicken Mini Fillets
30ml	Lemon Juice
60g	Salad Leaves <i>rinse & roughly shred</i>
150ml	Mayo

From Your Kitchen

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

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, 30-35 minutes (shifting halfway).

2. CHICKEN PREP Whisk 2 eggs 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. You may need to do this step in batches. 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 seasoning.

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	575kJ
Energy	137kcal
Protein	8.2g
Carbs	14g
of which sugars	3.7g
Fibre	1.8g
Fat	6g
of which saturated	0.6g
Sodium	159mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days