



# UCOOK

## Crumbed Chicken & Potato Salad

with green beans & sun-dried tomatoes

Great for a picnic, even better with a braai, and best when it's on your plate for dinner tonight, this potato salad is a winner! Soft cubes of potato are dotted with sweet pops of corn, crunchy cucumber, & raisins and coated in creamy mayo. Served with golden-crumb chicken slices and a green bean salad.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Quick & Easy

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Creation Wines | Creation Chenin Blanc

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## Ingredients & Prep

200g	Potato Chunks
40ml	Mayo
40g	Corn
100g	Cucumber <i>rinse &amp; roughly dice</i>
10g	Raisins <i>roughly chop</i>
80g	Green Beans <i>rinse, trim &amp; cut in half</i>
20g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
1	Free-range Crumbed Chicken Breast

## From Your Kitchen

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

**1. PERFECT POTATO SALAD** Boil the potato pieces in salted water until soft, 10-15 minutes. Drain and place in a salad bowl with the mayo, the corn, the diced cucumber, and the chopped raisins. Season and set aside.

**2. BEAN THERE, MADE THAT** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, place into a bowl, toss with chopped tomatoes, and season.

**3. CRISPY CRUMBED CHICKEN** Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving.

**4. ALL TOGETHER NOW** Plate up the creamy potato salad and serve the sliced chicken alongside. Place the green beans & sun-dried tomato salad on the side.



## Chef's Tip

Air fryer method: Air fry the crumbed chicken at 200°C until crispy, 8-10 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	389kJ
Energy	93kcal
Protein	5.9g
Carbs	14g
of which sugars	4g
Fibre	1.5g
Fat	4.5g
of which saturated	0.6g
Sodium	120mg

## Allergens

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

Eat  
Within  
2 Days