



UCOOK

Crispy Chicken Tenders & Carrot Fries

with **NOMU BBQ Rub** & salad leaves

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

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Kate Gomba

Simple & Save

Strandveld | Adamastor White Blend

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Ingredients & Prep

480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
10ml	NOMU BBQ Rub
60ml	Cake Flour
200ml	Panko Breadcrumbs
300g	Free-range Chicken Mini Fillets
20ml	Lemon Juice
40g	Salad Leaves <i>rinse & roughly shred</i>
100ml	Hellman's Mayo

From Your Kitchen

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

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). Alternatively, air fry at 200°C until crispy, 15-20 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 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!

Nutritional Information

Per 100g

Energy	639kJ
Energy	153kcal
Protein	8.2g
Carbs	12g
of which sugars	2.8g
Fibre	1.7g
Fat	8.2g
of which saturated	1.3g
Sodium	76mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days