

U COOK

Hot Honey Chicken Tenders

with potato wedges & a hot honey sauce

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Strandveld | Syrah

Nutritional Info	Per 100g	Per Portion
Energy	696kJ	4580kJ
Energy	166kcal	1095kcal
Protein	7.7g	50.9g
Carbs	22g	142g
of which sugars	6.8g	44.5g
Fibre	1.7g	11.5g
Fat	5.5g	36g
of which saturated	0.7g	4.7g
Sodium	116mg	764mg

Allergens: Sulphites, Egg, Gluten, Wheat, Soya, Allium



Eat Within 3 Days

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	1	Spring Onion <i>rinse, trim & finely chop</i>
35ml	70ml	Sweet Vinegar <i>(30ml [60ml] Honey & 5ml [10ml] Apple Cider Vinegar)</i>
50ml	100ml	Hellmann's Tangy Mayonnaise
10g	20g	Sunflower Seeds
100g	200g	Cabbage <i>rinse & thinly slice</i>
10ml	20ml	Smoked Paprika
2	4	Banhoek Chilli Oil Sachets
150g	300g	Free-range Chicken Mini Fillets
50g	100g	Cornflakes <i>lightly crush</i>
40ml	80ml	Cake Flour
200g	400g	Potato <i>rinse & cut into wedges</i>

- 1. PAPRIKA POTATO WEDGES** Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, ½ the smoked paprika, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).
- 2. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CREAMY COLESLAW** In a bowl, toss together the cabbage, ½ the toasted seeds, the mayo, ½ the spring onion, and seasoning. Set aside.
- 4. CORNFLAKE-CRUST CHICKEN** Pat the chicken dry with paper towel. Whisk 1 egg in a shallow dish with 1 tsp of water. Prepare two more shallow dishes: one containing ⅔ (about 40ml [60ml]) of the flour (seasoned lightly) and the other containing the cornflakes. Coat the chicken in the flour first, then in the egg, and, lastly, in the cornflakes. When passing through the cornflakes, press it into the meat so it sticks and coats evenly.
- 5. THE CRUNCH FACTOR** 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.
- 6. SWEET-HOT OIL** Return the pan to medium-high heat. Add the sweet vinegar, the remaining smoked paprika, and the chilli oil (to taste). Simmer until thickening, 1-2 minutes. Loosen with 1 [2] tbsp of water. Remove from the heat and set aside. Keep in the pan to reheat before serving.
- 7. A MEMORABLE MEAL** Serve up the crispy cornflake tenders and drizzle with the hot honey sauce. Plate the golden potatoes and the creamy slaw alongside. Garnish with the remaining toasted seeds and the spring onion.

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Egg/s

Paper Towel

Seasoning (salt & pepper)