



UCOOK

Garlic Chicken Tenders

with charred corn on the cob & fresh oregano

Silky-smooth carrot mash with golden-fried chicken mini fillets, basted in garlic butter, then elevated with an Italian-inspired rub, zesty lemon juice & fresh oregano. Last but not least, charred corn on the cob.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Alvi's Drift | Sparkling Brut Rosé**

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Ingredients & Prep

720g	Carrot <i>peeled, trimmed & cut into bite-sized pieces</i>
3	Corn On The Cob <i>silks removed</i>
45ml	NOMU Italian Rub
2	Garlic Cloves
8g	Fresh Oregano
450g	Free-range Chicken Mini Fillets
30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender (optional)
Paper Towel
Butter
Milk (optional)

1. MAKE THE MASH Place the carrot pieces in a pot of salted water. Bring to the boil and cook until soft, 30-35 minutes. Drain and return to the pot. Add a knob of butter and a splash of water or milk. Mash with a fork, season, and cover. Alternatively use a blender or food processor.

2. CORN ON THE COB Place a pan (that has a lid) over medium heat with enough water to cover the base. Add the corn on the cob and bring to a simmer. Once simmering, cover with a lid and cook until all the water has evaporated, 8-10 minutes. Remove the lid and add a knob of butter, a drizzle of oil, and ½ of the NOMU rub. Fry until lightly charred, 3-4 minutes (turning as it colours). Remove from the pan and set aside.

3. SOME PREP Peel and grate the garlic. Rinse, pick and roughly chop the fresh oregano.

4. FILL UP ON GOLDEN FILLETS Pat the chicken mini fillets dry with paper towel. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken mini fillets until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. In the final minute, baste with the grated garlic, the remaining NOMU rub, ½ the chopped oregano, 60g of butter, and the lemon juice (to taste). Reserve the pan juices.

5. TIME TO EAT Plate up the buttery mash. Side with the chicken tenders with all the pan juices and the charred corn. Garnish with a sprinkle of the remaining oregano.

Nutritional Information

Per 100g

Energy	330kJ
Energy	79kcal
Protein	8.1g
Carbs	10g
of which sugars	3.7g
Fibre	2.3g
Fat	1.3g
of which saturated	0.3g
Sodium	140mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days