



UCCOOK

Hot Honey Chicken Caesar Stack

with potato crisps

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Ropafadzo Zengeni

Wine Pairing: Boschendal | 1685 Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	979kJ	3840kJ
Energy	235kcal	920kcal
Protein	12.1g	47.4g
Carbs	29g	112g
of which sugars	10.4g	40.9g
Fibre	1.7g	6.8g
Fat	7.7g	30g
of which saturated	2.5g	10g
Sodium	343mg	1347mg

Allergens: Sulphites, Egg, Fish, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Crumbed Chicken Breasts
60g	80g	Green Leaves <i>rinse & roughly shred</i>
60g	80g	Italian-style Hard Cheese <i>grate</i>
150ml	200ml	Caesar Dressing
3	4	Burger Buns
60ml	80ml	Honey
15ml	20ml	Dried Chilli Flakes
3 units	4 units	Rootstock Salt Crisps

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. CHICKEN Air fry the crumbed chicken at 200°C until crispy and warmed through, 5-7 minutes. Remove from the air fryer and season. Alternatively, place a pan over medium heat with a drizzle of oil. When hot, fry the crumbed chicken until warmed through, 2-3 minutes per side. Remove from the pan, drain on paper towel, and season.

2. SOME PREP In a salad bowl, combine the green leaves, cheese, and ½ of the Caesar dressing.

3. TOAST Halve the burger buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

4. HOT HONEY Return the pan to medium heat and add the honey and chilli flakes. Stir to combine and simmer until heated through and lightly bubbling, 1-2 minutes. Transfer to a bowl.

5. TIME TO FEAST Assemble the Caesar stack by layering the bottom buns with the dressed green leaves. Top with the chicken, a drizzle of the spicy hot honey, and the remaining Caesar dressing. Add the top buns and serve with the crisps on the side. Dig in, Chef!