



UCOOK

Paardenkloof's Chicken Tenders

with potato wedges & a hot honey sauce

Ever heard of brinner, Chef? That's eating a breakfast meal for dinner. We're doing a unique UCOOK take on that by using cornflakes as a crust for the crispiest chicken tenders you'll ever taste. These are drizzled with a hot honey sauce, then sided with paprika-spiced potato wedges and a creamy chive, cucumber & sunflower seed coleslaw.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Paardenkloof Winery

 Fan Faves

 Paardenkloof Wines | Paardenkloof "the Kiss"
Pinot Noir

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
10ml	Smoked Paprika
10g	Sunflower Seeds
100g	Cabbage <i>rinse & thinly slice</i>
50g	Cucumber <i>rinse & cut into thin matchsticks</i>
1 unit	Roasted Garlic Mayo
3g	Fresh Chives <i>rinse & finely chop</i>
150g	Free-range Chicken Mini Fillets
40ml	Cake Flour
50g	Cornflakes <i>lightly crush</i>
35ml	Sweet Vinegar <i>(30ml Honey & 5ml Apple Cider Vinegar)</i>
2 units	Chilli Oil

From Your Kitchen

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

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).

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 shredded cabbage, the cucumber matchsticks, ½ the toasted seeds, the mayo, ½ the chopped chives, 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) of the flour (seasoned lightly) and the other containing the crushed cornflakes. Coat the chicken in the flour first, then in the egg, and, lastly, in the crushed 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 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 chopped chives.



Chef's Tip

Air fryer method: Coat the potato wedges in oil, ½ the smoked paprika and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	779kJ
Energy	186kcal
Protein	7.3g
Carbs	21g
of which sugars	6.3g
Fibre	1.6g
Fat	8.1g
of which saturated	1.2g
Sodium	110mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days