



UCOOK

Buffalo Chicken Strips Feast

with ranch dressing, roasted corn on the cob & spring onion

Get ready to dunk succulent, buffalo-spiced mini fillets into our addictively delicious homemade ranch dressing. Sided with crispy, golden potato chunks, roasted corn on the cob and a crunchy cabbage slaw. Dinner doesn't get much better than this!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Tess Witney

 Quick & Easy

 Creation Wines | Creation Cool-Climate
Chenin Blanc 2021

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Ingredients & Prep

500g	Potato Chunks <i>cut into bite-sized pieces</i>
2	Corn on the Cob
30ml	Buffalo Spice <i>(15ml NOMU Spanish Rub & 15ml NOMU BBQ Rub)</i>
1	Lemon
2	Spring Onions
40g	Walnuts
10ml	NOMU One For All Rub
175ml	Ranch Dressing <i>(120ml Low Fat Plain Yoghurt, 50ml Buttermilk & 5ml Dijon Mustard)</i>
200g	Cabbage
300g	Free-range Chicken Mini Fillets

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. START WITH THE SIDES Preheat the oven to 220°C. Place the potato pieces and corn on the cob on a roasting tray. Coat in oil, ½ the buffalo spice, and seasoning. Roast in the hot oven for 20-25 minutes until cooked through and crisping up, shifting halfway.

2. CHOP-CHOP-CHOP Cut the lemon into wedges. Roughly chop the spring onions and the walnuts. In a bowl, combine the rub, the ranch dressing, the juice of 2 lemon wedges, a sweetener of choice (to taste), and seasoning. Set aside. Finely slice the cabbage and place in a bowl along with ½ the chopped walnuts, a squeeze of lemon juice, seasoning, and a drizzle of oil. Toss to combine.

3. FRY THOSE FILLETS Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken mini fillets for 1-2 minutes per side until golden and cooked through. In the final minute, baste with a knob of butter and the remaining buffalo spice. Set aside to rest for 3 minutes. Toss through ½ of the ranch dressing until coated and then season.

4. IT'S A SLAM DUNK! Plate up the buffalo chicken, side with the potato chunks, corn and the slaw. Sprinkle over the sliced spring onion and the remaining walnuts. Serve with any remaining lemon wedges and the remaining ranch dressing. Get dunking, Chef!



Chef's Tip

If you would like to toast the walnuts, place them in a pan over a medium heat. Toast for 3-5 minutes until golden brown.

Nutritional Information

Per 100g

Energy	403kj
Energy	96kcal
Protein	7g
Carbs	11g
of which sugars	2.3g
Fibre	2g
Fat	2.8g
of which saturated	0.5g
Sodium	134mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days