

Eat Within 3 Days

QCOOK

Southern Fried Chicken Bites

with charred corn on the cob & fries

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info	Per 100g	Per Portion
Energy	621kJ	4383kJ
Energy	149kcal	1049kcal
Protein	6.9g	48.8g
Carbs	15g	106g
of which sugars	2.3g	16.3g
Fibre	1.4g	10.2g
Fat	7.1g	49.8g
of which saturated	1.3g	9.1g
Sodium	134mg	942mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel (optional) & cut into 1-2 cm thick fries*
150g	300g	Free-range Chicken Mini Fillets
50ml	100ml	Buttermilk
40ml	80ml	Cornflour
1	2	Corn on the Cob/s *remove silks & cut in half*
100ml	200ml	Herby Breadcrumbs *(85ml [170ml] Breadcrumbs & 15ml [30ml] NOMU Rub)*
15ml	30ml	Lemon Juice
20g	40g	Salad Leaves *rinse & roughly shred*
20g	40g	Piquanté Peppers *drain*
50g	100g	Cucumber *rinse & cut into half-moons*
50ml	100ml	Hellmann's Original Mayo

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Egg/s
Butter

1. GOLDEN FRIES Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the fries and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. QUICK PREP Pat the chicken dry with paper towel and cut into bite-sized pieces. In a bowl, combine the buttermilk, flour, 1 egg, and seasoning. Mix in the chicken pieces and set aside to marinate.

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

4. CRUMBED CHICKEN Place the herby breadcrumbs in a shallow dish and coat the marinated chicken pieces. Return the pan to medium heat with enough oil to cover the base. Fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season.

5. JUST BEFORE SERVING In a salad bowl, combine the lemon juice (to taste), a drizzle of olive oil, and a sweetener (to taste). Toss through the salad leaves, peppers, cucumber, and seasoning.

6. STEP INTO A CULINARY WONDERLAND! Plate up the fries alongside the golden chicken, and dollop the mayo over the chicken. Side with the charred corn and the salad. Wow, Chef!

Chef's Tip Southern fried chicken was shaped by the Scottish frying techniques and West African culinary traditions, creating the crispy, seasoned classic we know today.