

UCCOOK

Mexican Nacho-crumbed Chicken

with a fresh salad

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	516.4kJ	3984.9kJ
Energy	123.5kcal	953.3kcal
Protein	7.2g	55.7g
Carbs	10.3g	79.7g
of which sugars	1.6g	12.3g
Fibre	2.7g	20.9g
Fat	6g	46.2g
of which saturated	1g	7.6g
Sodium	262.6mg	2026.4mg

Allergens: Cow's Milk, Egg, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Free-range Chicken Breast/s
25ml	50ml	Rub & Flour Mix (15ml [30ml] Cornflour & 10ml [20ml] NOMU Mexican Spice Blend)
50g	100g	Santa Anna's Corn Nachos <i>finely crush</i>
50g	100g	Corn
30ml	60ml	Tomato Salsa
60g	120g	Black Beans <i>drain & rinse</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
30g	60g	Danish-style Feta <i>drain</i>
1 pack	1 pack	Guacamole
5ml	10ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Rolling Pin
Cling Wrap
Egg/s

1. BUTTERFLY CHICKEN Pat the chicken breast/s dry with paper towel and place on a chopping board. Using a sharp knife, slice into one side of the chicken, starting at the thicker end and ending at the thin side (do not cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Season the inside of the chicken.

2. ADD THE CRUNCH Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the flour mix (seasoned lightly), and one containing the crushed nachos. Coat the chicken in the seasoned flour mix, dusting off any excess flour. Coat in the whisked egg, and lastly the nachos. Repeat this step with each chicken breast. Set aside.

3. SWEET CORN Place a pan over medium heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CRISP UP & COOK Return the pan to medium heat with enough oil to cover the base. When hot, fry the chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving. Alternatively, air fry at 200°C until crispy and warmed through, 3-5 minutes.

5. SALSA & SALAD In a bowl, mix together the salsa and the black beans. Season and set aside. In another bowl, combine the tomato, the cucumber, the corn, the green leaves, the feta and a drizzle of olive oil. Toss to combine and set aside.

6. MMMEXICAN MEAL Plate up the salad, sided with the sliced chicken. Dollop over the salsa-beans and the guacamole. Garnish with the chilli flakes (to taste). Dinner is ready, Chef!