

WCOOK

Southern Fried Chicken Bites & Fries

with charred corn on the cob

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 | 510kj | 4635kj |
| Energy | 122kcal | 1109kcal |
| Protein | 5.6g | 51.1g |
| Carbs | 14g | 125g |
| of which sugars | 2.4g | 21.4g |
| Fibre | 1.8g | 16.3g |
| Fat | 5.5g | 50.2g |
| of which saturated | 1g | 9.1g |
| Sodium | 104mg | 948mg |

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

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 200g | 400g | Potato <i>rinse, peel (optional) & cut into 1-2 cm thick fries</i> |
| 150g | 300g | Free-range Chicken Mini Fillets |
| 50ml | 100ml | Buttermilk |
| 40ml | 80ml | Cornflour |
| 1 | 2 | Corn on the Cob/s <i>remove silks & cut in half</i> |
| 100ml | 200ml | Herby Breadcrumbs <i>(85ml [170ml] Breadcrumbs & 15ml [30ml] NOMU Rub)</i> |
| 1 | 1 | Lemon <i>rinse & cut into wedges</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 20g | 40g | Piquanté Peppers <i>drain</i> |
| 50g | 100g | Cucumber <i>rinse & cut into half-moons</i> |
| 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 a squeeze of 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. Finish with a squeeze of any remaining lemon juice (to taste). Wow, Chef!