

QCOOK

Cornflake Chicken Tenders

with roasted sweet potato chunks

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Ella Nasser

Nutritional Info

	Per 100g	Per Portion
Energy	611kJ	3884kJ
Energy	146kcal	928kcal
Protein	7.5g	47.5g
Carbs	17g	109g
of which sugars	3.8g	24.3g
Fibre	1.3g	8.1g
Fat	4.9g	31.4g
of which saturated	0.6g	3.7g
Sodium	123mg	782mg

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

Spice Level: None



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks
50g	100g	Corn
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10ml	20ml	Lemon Juice
40ml	80ml	Mayo
10ml	20ml	Pesto Princess Basil Pesto
30ml	60ml	Self-raising Flour
50g	100g	Cornflakes <i>finely crush</i>
1	2	Free-range Chicken Breast/s
3g	5g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Egg/s

Paper Towel

1. ROAST SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C for 15-20 minutes (shifting halfway).

2. CHARRED CORN SALAD Place a pan over medium heat with a drizzle of oil. When hot, fry the corn until charred, 2-3 minutes (shifting occasionally). Remove from the pan and place in a salad bowl. Add the baby tomatoes, the salad leaves, the lemon juice, a drizzle of olive oil, and seasoning to the bowl. In a separate bowl, combine the mayo and pesto. Set aside.

3. PREP THE BREADING Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the crushed cornflakes. Pat the chicken dry with paper towel. Coat the chicken strips in the flour first, then in the egg, and lastly in the cornflakes. When passing through the cornflakes, press it into the meat so it sticks and coats evenly.

4. FRY THE TENDERS Return the pan to medium-high heat with enough oil to cover the base. Fry the crumbed tenders and fry until golden and cooked through, 2-3 minutes per side. Drain on paper towel and season.

5. YUM YUM! Plate up the crunchy chicken tenders alongside the sweet potato. Side with the corn salad and the pesto mayo for dunking. Sprinkle over the chives. Voila, Chef!