



UCOOK

Crumbed Chicken & Potato Salad

with green beans & sun-dried tomatoes

Great for a picnic, even better with a braai, and best when it's on your plate for dinner tonight, this potato salad is a winner! Soft cubes of potato are dotted with sweet pops of corn, crunchy cucumber, & raisins and coated in creamy mayo. Served with golden-crumb chicken slices and a green bean salad.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Megan Bure

Quick & Easy

Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

600g	Potato Chunks
125ml	Mayo
120g	Corn
300g	Cucumber <i>rinse & roughly dice</i>
30g	Raisins <i>roughly chop</i>
240g	Green Beans <i>rinse, trim & cut in half</i>
60g	Sun-dried Tomatoes <i>drain & roughly chop</i>
3	Free-range Crumbed Chicken Breasts

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. PERFECT POTATO SALAD Boil the potato pieces in salted water until soft, 10-15 minutes. Drain and place in a salad bowl with the mayo, the corn, the diced cucumber, and the chopped raisins. Season and set aside.

2. BEAN THERE, MADE THAT Place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, place into a bowl, toss with chopped tomatoes, and season.

3. CRISPY CRUMBED CHICKEN Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving.

4. ALL TOGETHER NOW Plate up the creamy potato salad and serve the sliced chicken alongside. Place the green beans & sun-dried tomato salad on the side.



Chef's Tip

Air fryer method: Air fry the crumbed chicken at 200°C until crispy, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	389kJ
Energy	93kcal
Protein	5.9g
Carbs	14g
of which sugars	4g
Fibre	1.5g
Fat	4.5g
of which saturated	0.6g
Sodium	120mg

Allergens

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

Eat
Within
2 Days