



UCCOOK

Curried Chicken Roll

with golden baby potatoes

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterkloof | Circumstance Chenin blanc

Nutritional Info

	Per 100g	Per Portion
Energy	522kJ	3483kJ
Energy	125kcal	835kcal
Protein	7.3g	49.1g
Carbs	14g	96g
of which sugars	2.9g	19.4g
Fibre	1.5g	9.7g
Fat	4.1g	27.2g
of which saturated	0.5g	3.1g
Sodium	97mg	646mg

Allergens: Soya, Gluten, Sesame, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
1	2	Burger Bun/s
1	2	Free-range Chicken Breast/s
120g	120g	Carrot <i>rinse & peel into ribbons</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
10ml	20ml	Lemon Juice
45ml	90ml	Curried Mayo <i>(40ml [80ml] Mayo & 5ml [10ml] Medium Curry Powder)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. CRISPY SPUDS Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOASTY BUN Halve the bun/s and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes. Set aside.

3. COOK THE CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. ZESTY VEG Place the carrot into a bowl and toss with the cucumber, a drizzle of olive oil, the lemon juice (to taste) and seasoning. Set aside.

5. BEST BUN EVER Smear the toasted bun bottom/s with some curried mayo, then top with the dressed fresh veg and the seared chicken. Smear the remaining mayo on the top bun/s and close it up. Side with the roasted potato and enjoy, Chef!