



# UCOOK

## Southern Buttermilk Fried Chicken

with slaw & ranch dressing

The ultimate Southern comfort food dish! Crispy fried chicken is served alongside spiced roasted potato wedges, a simple lemony slaw, and a creamy homemade Ranch-style dressing with Dijon mustard and honey. You'll smile with every bite!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Ella Nasser

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 Fan Faves

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 Leopard's Leap | Chardonnay Pinot Noir

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## Ingredients & Prep

200g	Potato <i>rinsed &amp; cut into thin wedges</i>
10ml	NOMU Spanish Rub
2	Free-range Chicken Pieces
125ml	Buttermilk
100ml	Self-raising Flour
45ml	Dijon Yoghurt <i>(40ml Low Fat Plain Yoghurt &amp; 5ml Dijon Mustard)</i>
7,5ml	Honey
1	Lemon <i>½ cut into wedges</i>
100g	Cabbage <i>thinly sliced</i>
4g	Fresh Parsley <i>rinsed, picked &amp; finely chopped</i>

## From Your Kitchen

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

**1. CRISPY POTATOES** Preheat the oven to 200°C. Place the potato wedges on a roasting tray, coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. MARINATION STATION** Pat the chicken pieces dry with some paper towel and place in a bowl with ½ the buttermilk. Set aside in the fridge for 5-7 minutes.

**3. UCOOK FRIED CHICKEN** In a bowl, combine the flour and some seasoning. Remove the chicken pieces from the buttermilk, discarding any excess, and coat each piece in the seasoned flour. Place a deep pan over a medium heat with about 3-4cm of oil, or enough to cover the chicken halfway. When hot, carefully lower each piece into the hot oil. Fry for 15-20 minutes until cooked through and crispy, flipping halfway. Remove and drain between sheets of paper towel in a single layer.

**4. RANCH DRESSING** Place a small pot over a medium heat with a drizzle of oil. When hot, add the remaining rub and fry for 30-60 seconds until fragrant, shifting constantly. Remove the pot from the heat and add the remaining buttermilk, the dijon-yoghurt, the honey, the juice of 1 lemon wedge, and seasoning.

**5. FRESH SLAW** In a bowl, combine the sliced cabbage, ½ the chopped parsley, the juice from 1 lemon wedge, and seasoning.

**6. SOUTHERN-FRIED FEAST** Plate up the buttermilk fried chicken alongside the roasted potato wedges and the slaw. Serve with the ranch dressing and side with any remaining lemon wedges. Sprinkle over the remaining parsley and indulge!



## Chef's Tip

Rather fry the chicken in batches if your pan is small. Overcrowding will cause the oil temperature to drop and prevent the chicken from becoming crispy.

## Nutritional Information

Per 100g

Energy	523kj
Energy	125kcal
Protein	8.4g
Carbs	13g
of which sugars	2.6g
Fibre	1.5g
Fat	4.3g
of which saturated	1.3g
Sodium	97mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days