



UCCOOK

Popcorn Chicken & Potato Wedges

with honey-mustard mayo & creamy slaw

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Ntirída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	584kJ	4045kJ
Energy	140kcal	967kcal
Protein	7.3g	50.8g
Carbs	13g	90g
of which sugars	2.5g	17.4g
Fibre	1.9g	13.1g
Fat	6.6g	45.8g
of which saturated	1.2g	8.3g
Sodium	72mg	501mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
1	2	Free-range Chicken Breast/s <i>pat dry & cut into chunks</i>
25ml	50ml	Spice Mix <i>(7,5ml [15ml] Onion Powder, 5ml [10ml] Garlic Powder, 10ml [20ml] NOMU Mexican Spice Blend & 2,5ml [5ml] Dried Oregano)</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
5ml	10ml	Smoked Paprika
100g	200g	Cabbage <i>rinse & thinly slice</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
10g	20g	Raisins <i>roughly chop</i>
50ml	100ml	Hellmann's Tangy Mayonnaise
60ml	125ml	Self-raising Flour
50ml	100ml	Buttermilk

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. WONDERFUL WEDGES Preheat the oven to 200°C. Spread the 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 until crispy, 25-30 minutes.

2. SPICE THINGS UP Place the chicken into a bowl and toss with ½ the spice mix, a drizzle of oil, the garlic, the ginger, and seasoning. Set aside. In a small bowl, combine the remaining spice mix with the smoked paprika and seasoning. Set aside.

3. CREAMY SLAW In a separate bowl, combine the cabbage, the cucumber, the raisins, a drizzle of oil, seasoning, and ½ the mayo. Set aside.

4. DIP, FRY & FLAVOUR Prepare a shallow dish containing the flour, seasoned lightly. Prepare a second dish containing the buttermilk. Place a pot over medium-high heat with 4-5cm of oil. When the oil is hot, carefully dip the chicken into the buttermilk, allowing any excess to drip off, then lightly coat in the flour, and then carefully lower into the hot oil. Fry until golden brown and cooked through, 2-3 minutes (turning halfway). Place into a bowl, while still hot, and toss with the reserved paprika spice until coated. Set aside.

5. BEST NUGGETS & SIDES EVER Serve the golden nuggets up alongside the golden wedges and creamy slaw with the remaining mayo on the side for dunking.