



# UCOOK

## Southern Fried Chicken Feast

**with a quick mac 'n cheese & a flavourful green salad**

The ultimate southern comfort food. Crispy UCOOK Fried Chicken served with a no-hassle creamy mac 'n cheese and a flavourful side salad of green leaves, cucumber half-moons & a Dijon vinaigrette. Yee-haw!

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People


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**Chef:** Ella Nasser

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 Easy Peasy

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 Warwick Wine Estate | First Lady Chardonnay

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## Ingredients & Prep

4	Free-range Chicken Pieces
100ml	Cake Flour
2	Garlic Cloves <i>peeled &amp; grated</i>
250ml	Fresh Milk
200g	Macaroni
120g	Grated Mozzarella & Cheddar Cheese Mix
65ml	Grated Italian-style Hard Cheese
1	Lemon <i>zested &amp; cut into wedges</i>
35ml	Dijon Vinaigrette <i>(30ml White Wine Vinegar &amp; 5ml Dijon Mustard)</i>
40g	Green Leaves <i>rinsed &amp; shredded</i>
100g	Cucumber <i>sliced into half-moons</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter  
Sugar/Sweetener/Honey

**1. UCOOK FRIED CHICKEN** Pat the chicken pieces dry with some paper towel. Place in a bowl with the flour and some seasoning. Toss until fully coated. Place a pot over a high heat and fill with enough oil to fully submerge the chicken. When hot, dust off any excess flour from the chicken pieces and carefully lower one by one into the hot oil. Fry for 10-15 minutes until cooked through and crispy, flipping halfway. You may need to do this step in batches. Overcrowding will cause the oil temperature to drop and prevent the chicken from becoming crispy. Remove on completion and drain between sheets of paper towel in a single layer.

**2. DREAMY MAC 'N CHEESE** Place a clean pot over a medium heat with a knob of butter. When hot, fry the grated garlic for 1-2 minutes until fragrant, shifting constantly. Add the milk, 300ml of water, the macaroni and a pinch of salt. Bring up to a boil and cook for 10-15 minutes, stirring occasionally. When the pasta is cooked, mix through the grated mozzarella and cheddar cheese, ½ the grated Italian-style cheese, a pinch of lemon zest, and seasoning. Remove from the heat and set aside.

**3. FLAVOURFUL SALAD** In a salad bowl, mix the Dijon vinaigrette, 2 tsp of a sweetener of choice and seasoning. Add the rinsed green leaves and the cucumber half-moons. Toss until fully coated.

**4. SOUTHERN FRIED FEASTING** Plate up the crispy chicken pieces alongside the creamy mac 'n cheese sprinkled with the remaining Italian-style cheese. Serve the green salad on the side and any remaining lemon wedges for that extra zing. Indulge yourself!



## Chef's Tip

If you're worried your fried chicken will get cold before serving, pop it into the oven at 100°C to keep warm until serving.

## Nutritional Information

Per 100g

Energy	774kJ
Energy	185Kcal
Protein	11.3g
Carbs	18g
of which sugars	2.5g
Fibre	1g
Fat	7.4g
of which saturated	3.2g
Sodium	97mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites

Cook  
within 1  
Day