



# UCOOK

## Chicken Tenders & Thyme Sauce

with mashed potato & a fresh salad

Few things delight the taste buds like crumbed chicken. These panko breadcrumb-coated chicken tenders are drizzled with a lemon & thyme butter sauce, served next to a smooth potato mash and a fresh salad to balance the richness. This won't be the last time you make this recipe, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure



\*NEW Simple & Save



Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

600g	Potato <i>peeled &amp; cut into bite-sized chunks</i>
90ml	Cake Flour
375ml	Panko Breadcrumbs
450g	Free-range Chicken Mini Fillets
8g	Fresh Thyme <i>rinsed, picked &amp; finely chopped</i>
30ml	Lemon Juice
240g	Carrot <i>¾ rinsed &amp; peeled into ribbons</i>
60g	Salad Leaves <i>rinsed</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Milk (optional)  
Paper Towel  
Butter

**1. MASH** Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. OH CRUMBS!** In a shallow dish, whisk 2 eggs with ½ a tsp of water. Combine the flour and seasoning in a second bowl and place the breadcrumbs in a third bowl. Coat the chicken mini fillets in the flour first, then in the egg, and, lastly, in the breadcrumbs. Press the crumb into the fillets for even coating.

**3. FRY THE CHICKEN** Place a non-stick pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed mini fillets until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and drain on paper towel.

**4. THYME SAUCE** Return the pan to medium heat with a drizzle of oil and 90g of butter. When the butter has melted, fry the chopped thyme until fragrant, 1-2 minutes. Remove from the heat, add the lemon juice (to taste), and season.

**5. SIDE SALAD** In a salad bowl, combine the carrot ribbons and the rinsed salad leaves with a drizzle of olive oil and seasoning.

**6. TIME TO EAT** Plate up the mashed potato and side with the crispy tenders. Drizzle over the thyme sauce and serve the salad on the side. Delicious!

## Nutritional Information

Per 100g

Energy	469kJ
Energy	112kcal
Protein	8.5g
Carbs	19g
of which sugars	1.7g
Fibre	2g
Fat	0.8g
of which saturated	0.2g
Sodium	36mg

## Allergens

Egg, Gluten, Dairy, Wheat

Cook  
within 3  
Days