



# UCOOK

## Crispy Chicken Tenders & Carrot Wedges

with tangy mayo

Crispy fried chicken tenders crusted in panko breadcrumbs are served with roasted carrot wedges infused with NOMU BBQ Rub. Sided with a fresh green leaf salad and creamy mayo for dunking. Lekker!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Simple & Save

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 Laborie Estate | Laborie Sauvignon Blanc  
2023

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## Ingredients & Prep

|       |  |
|-------|--|
| 480g  | Carrot<br><i>rinse, trim, peel &amp; cut into wedges</i> |
| 10ml  | NOMU BBQ Rub   |
| 60ml  | Cake Flour   |
| 200ml | Panko Breadcrumbs  |
| 300g  | Free-range Chicken Mini Fillets                          |
| 20ml  | Lemon Juice  |
| 40g   | Salad Leaves<br><i>rinse &amp; roughly shred</i>         |
| 100ml | Mayo   |

## From Your Kitchen

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

**1. ROAST CARROT** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. CHICKEN PREP** Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the breadcrumbs. Pat the chicken dry with paper towel and season. Coat the chicken pieces in the flour first, then in the egg, and, lastly, in the breadcrumbs.

**3. FRYING MOMENT** Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed tenders until golden and cooked through, 1-2 minutes per side. Drain on paper towel and season.

**4. DO THE SIDES** In a bowl, combine the lemon juice with a drizzle of olive oil and seasoning. Toss through the shredded salad leaves. In a small bowl, combine the mayo with a splash of water and seasoning.

**5. TIME TO EAT** Plate up the roasted carrot. Side with the golden chicken tenders and the dressed salad leaves. Serve the mayo on the side for dunking. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the carrot wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 575kJ   |
| Energy             | 137kcal |
| Protein            | 8.2g    |
| Carbs              | 14g     |
| of which sugars    | 3.7g    |
| Fibre              | 1.8g    |
| Fat                | 6g      |
| of which saturated | 0.6g    |
| Sodium             | 159mg   |

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Eat  
Within  
3 Days