



UCOOK

BBQ Chicken & Tater Tots

with a tomato salad & crispy onions


Mashed potatoes, sour cream, and emmental cheese are shaped into mini hash browns before being fried until perfectly crisp on the outside and fluffy inside. Served with succulent BBQ-basted chicken breast slices and a tomato & spring onion salad. Trust us, it doesn't get much better than fried potato in mini form!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Boschendal | Boschen Blanc

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Ingredients & Prep

200g	Potato <i>peeled & cut into chunks</i>
50g	Emmenthal Cheese
80g	Baby Tomatoes
1	Spring Onion
20g	Green Leaves
85ml	Cake Flour
50ml	Sour Cream
100ml	Panko Breadcrumbs
5ml	NOMU BBQ Rub
1	Free-Range Chicken Breast
50ml	Blackstrap Molasses BBQ Sauce
10ml	Crispy Onions

From Your Kitchen

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

1. MASH Place a pot of cold salted water over a high heat. Add the potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a knob of butter (optional). Season and place in the fridge to cool for 5-10 minutes.

2. PREP Whilst the potatoes are boiling, grate the cheese. Halve the baby tomatoes and finely slice the spring onions, keeping the white and green parts separate. Rinse the green leaves.

3. TATERS Set aside 15ml of flour for Step 4. In a bowl, combine the mashed potato, the remaining flour, the sour cream, ½ the spring onion greens, the grated cheese, and seasoning. Scoop out a heaped tbsp of mixture at a time and roll into 10-15 small cylinders.

4. CRUMB In a shallow dish, whisk 1 egg. Prepare two more shallow dishes: one containing the reserved flour, and the other containing a mixture of the breadcrumbs and the rub. Lightly coat the tater tots in the flour, then the egg, and lastly, in the crumbs. Place on a baking tray and chill in the freezer for at least 5 minutes.

5. GOLDEN Place a pot over a medium-high heat with 4-5cm of oil. When hot, deep fry the tater tots for 2-5 minutes, until brown, shifting as they colour. Drain on some paper towel.

6. CHICKEN Place a pan, with a lid, over a medium heat with a drizzle of oil. Pat the chicken breast dry with some paper towel. When the pan is hot, fry the chicken on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. During the final 1-2 minutes, baste with the BBQ sauce. Remove from the heat and set aside to rest in the pan for 5 minutes before slicing. Reserve any remaining pan juices. In a bowl, combine the halved baby tomatoes, the rinsed green leaves, the spring onion whites, a drizzle of oil, and some seasoning.

7. DELISH! Plate up the BBQ-basted chicken and serve alongside the cheesy tater tots. Side with the fresh salad. Sprinkle over the crispy onions and remaining spring onion greens. Serve with the reserved pan juices for dunking! Enjoy, Chef!

Nutritional Information

Per 100g

Energy	689kJ
Energy	165Kcal
Protein	9.2g
Carbs	18g
of which sugars	1.9g
Fibre	1.6g
Fat	5.9g
of which saturated	2.6g
Sodium	146mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days