



UCOOK

Buttermilk-fried Chicken Burger

with a creamy cabbage & raisin slaw


Learn how to make your own fast food (with much tastier results) by trying this buttermilk-battered chicken breast burger. Topped with fresh tomato slices and cheddar cheese, and served with a zingy cabbage & raisin slaw. Divine is an understatement!


Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Adventurous Foodie

 Boschendal | Boschen Blanc

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Ingredients & Prep

100g	Cabbage <i>thinly sliced</i>
50ml	That Mayo (Original)
50ml	Sour Cream
10g	Raisins
1	Lemon <i>½ zested & cut into wedges</i>
1	Free-range Chicken Breast
45ml	Self-raising Flour
50ml	Buttermilk
1	Schoon Burger Bun <i>defrosted & sliced in half</i>
2 slices	Cheddar Cheese
1	Tomato <i>½ thinly sliced</i>
20g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Paper Towel

1. SLAW ENFORCEMENT In a bowl, combine the sliced cabbage, ½ the mayo, the sour cream, the raisins, a squeeze of lemon juice, and the lemon zest (to taste). Season to taste.

2. BUTTERFLIED BEFORE BUTTERMILK FRIED Pat your chicken breast dry with some paper towel and place on a chopping board. Use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point (be careful not to cut all the way through to the other side.) Open out the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness.

3. LET'S FRY! Prepare a shallow dish containing the flour, seasoned lightly. Prepare a second dish containing the buttermilk. Place a pot over a medium-high heat with 4-5cm of oil. Lightly season the butterflied chicken breast. When the oil is hot, carefully dip the fillet in the buttermilk, allowing any excess to drip off, then lightly coat in the flour, and then carefully lower into the hot oil. Fry for 2-3 minutes until golden brown and cooked through, turning halfway. Drain on some paper towel and season to taste.

4. TOAST THE BUNS Place a pan, with a lid, over a medium-high heat. When hot, place the halved burger bun, cut-side up, in the pan. Top one of the bun halves with the cheese slices and cover the pan with the lid. Toast for 1-2 minutes until the cheese is melted.

5. THE BOSS OF ALL BURGERS! Top the cheesy bun with the buttermilk fried chicken, the tomato slices, and the green leaves. Dollop over the remaining mayo and top with the other bun half. Side with the creamy slaw. Dig in, Chef!

Nutritional Information

Per 100g

Energy	550kj
Energy	132Kcal
Protein	7.4g
Carbs	15g
of which sugars	3.5g
Fibre	1.5g
Fat	4.6g
of which saturated	1.7g
Sodium	88mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 3
Days