



UCOOK

Cheeky Chicken Fritter Cups

with quinoa and a garlic & yoghurt parsley sauce

DIY lettuce cups! Delicious chicken fritters packed with the flavours of spring onion and jalapenos, accompanied by a creamy garlic dipping sauce and a mixture of fluffy red quinoa with fresh tomato chunks. A tasty & totally healthy meal!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jeannette Joynt

♥ Health Nut

🍷 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

75ml	Quinoa
1	Red Onion <i>½ peeled & finely diced</i>
150g	Free-range Chicken Mince
30ml	Ground Almonds
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
20g	Pickled Jalapeños <i>drained & finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
30ml	Low Fat Plain Yoghurt
4g	Fresh Parsley <i>rinsed & roughly chopped</i>
1	Tomato <i>finely diced</i>
20ml	Balsamic Vinegar
20g	Baby Gem Lettuce <i>rinsed, trimmed at base & leaves separated</i>

From Your Kitchen

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

1. NO PLAIN GRAIN Rinse the quinoa. Place a pot over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the quinoa and submerge in 200ml of salted water. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for at least 5 minutes.

2. IT'S FRITTER TIME! In a bowl, combine the chicken mince, the ground almonds, the spring onion whites, the chopped jalapenos (to taste), ½ the grated garlic, and seasoning. Lightly wet your hands, to stop the mixture from sticking to them, and roll into 4-5 balls. Gently flatten each ball to form mini patties. Place in the fridge until frying.

3. DON'T SIGH, LET'S FRY! In a small bowl, combine the yoghurt, the remaining garlic (to taste), ½ the chopped parsley, seasoning, and a splash of water. Set aside. Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the fritters for 1-2 minutes per side until browned and cooked through. Remove from the pan and drain on some paper towel. Toss the diced tomato, seasoning, and the balsamic vinegar through the cooked quinoa.

4. FRITTER FIESTA Prepare your lettuce wrap station: yoghurt dipping sauce, the gem lettuce leaves, the balsamic quinoa, the chicken fritters, the remaining parsley, and the spring onion greens. Load up your lettuce cups any way you like. Voilà!



Chef's Tip

Wet your hands before rolling the fritter mixture into balls, this will prevent sticking!

Nutritional Information

Per 100g

Energy	476kJ
Energy	114Kcal
Protein	7.3g
Carbs	11g
of which sugars	2.7g
Fibre	1.8g
Fat	4g
of which saturated	0.7g
Sodium	35mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 1
Day