



UCOOK

Quick Chicken Piccata

with rustic sweet potato mash, green beans & Danish-style feta

Tenderised chicken is pan-fried to golden perfection and drizzled with a fragrant piccata sauce made with garlic, capers, parsley, and a splash of white wine. Served alongside a rustic sweet potato mash and charred green beans topped with crunchy almonds and crumbled feta, this dish is a true crowd-pleaser. Ready in just over 30 minutes, it's sure to become a regular in your meal rotation.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

 Quick & Easy

 Creation Wines | Creation Pinot Noir

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

750g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
45g	Almonds <i>roughly chopped</i>
3	Free-range Chicken Breasts
240g	Green Beans <i>rinsed & trimmed</i>
3	Garlic Cloves <i>peeled & grated</i>
45g	Capers <i>drained & roughly chopped</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
22,5ml	NOMU Italian Rub
90ml	White Wine
2	Lemons <i>1½ rinsed & cut into wedges</i>
90g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Cling Wrap
Butter

1. SWEET MASH Place the sweet 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. ALL OF THE ALMONDS Place the chopped almonds in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FEELING FRUSTRATED? Pat the chicken dry with paper towel. Cover with cling wrap. Using a mallet, empty jar, or rolling pin, flatten and tenderise by gently pounding until halved in thickness. Set aside.

4. SIMPLE SIDE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

5. GOLDEN CHICKY Return the pan to medium heat with a drizzle of oil. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. SECRET SAUCE Return the pan to medium heat with 90g of butter. When melted, add the grated garlic, the drained capers, ½ the chopped parsley, and the NOMU rub. Fry until fragrant, about 1 minute (shifting constantly). Pour in the wine, the juice of 6 lemon wedges, and a splash of water. Simmer until slightly thickened, 2-3 minutes. Add a sweetener and season.

7. DINNER IS SERVED! Plate up the rustic sweet potato mash and the chicken. Pour over the piccata sauce. Side with the green beans sprinkled with the toasted almonds and the crumbled feta. Garnish with the remaining parsley. Serve with any remaining lemon wedges. Buon appetito, Chef!

Nutritional Information

Per 100g

Energy	410kJ
Energy	98kcal
Protein	7.4g
Carbs	9g
of which sugars	3.1g
Fibre	2.1g
Fat	3g
of which saturated	1g
Sodium	168.1mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts,
Alcohol

Cook
within 3
Days