



UCOOK

Creamy Sun-dried Tomato Chicken

with fresh oregano & roasted baby potatoes

Chicken breast is smothered in a creamy, cheesy sauce packed with sun-dried tomato, garlic and oregano. Sided with roasted baby potatoes and a fresh salad, dinner truly doesn't get any better than this!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
1	Free-range Chicken Breast
1	Garlic Clove <i>peeled & grated</i>
7,5ml	Chicken Spice <i>(5ml Dried Thyme & 2,5ml Dried Chilli Flakes)</i>
3g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
10ml	Chicken Stock
40ml	Crème Fraîche
30g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
50ml	Grated Italian-style Hard Cheese
40g	Peas
20g	Salad Leaves <i>rinsed</i>
30g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. ROAST THE TATOES Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil and seasoning. Roast in the hot oven for 25-30 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. CHICKEN FLATTY Pat the chicken breast dry with paper towel. Lay the breast on a chopping board and cover with cling wrap. Using an empty jar, or rolling pin, pound the breast until halved in thickness. Season and set aside.

3. GOLDEN & CRISPY CHICKEN Boil the kettle. When the roast has been in for 10-15 minutes, place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken until crispy and golden, 2-3 minutes. Flip, and fry on the other side until browned but not cooked through, 1-2 minutes. Remove from the pan and place in a small baking dish.

4. MARRY-ME SAUCE Return the pan to medium heat with a drizzle of oil. When hot, add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the chicken spice (to taste) and ½ the chopped oregano. Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat and add the stock, 100ml of boiling water, and the crème fraîche. Lower the heat and simmer until slightly reduced, 4-5 minutes. Add the chopped sun-dried tomatoes and ¾ of the grated cheese. Add the mixture to the baking dish with the chicken breast and sprinkle over the remaining cheese. Pop in the oven and bake until the chicken is cooked through, 7-8 minutes.

5. PEA SALAD Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain and season. In a salad bowl, toss together the rinsed salad leaves, the plumped peas, the crumbled feta, a drizzle of olive oil, and seasoning.

6. DINNER IS SERVED! Plate up the sun-dried tomato chicken and creamy sauce. Side with the fresh salad and the roasted potatoes. Sprinkle over the remaining oregano. Dig in, Chef!

Nutritional Information

Per 100g

Energy	674kJ
Energy	161kcal
Protein	11.5g
Carbs	10g
of which sugars	2.7g
Fibre	1.6g
Fat	8.3g
of which saturated	4.1g
Sodium	309mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days