



UCOOK

Cheesy Chicken & Potato Bake

with salad leaves & toasted pumpkin seeds

The all-time favourite potato bake gets a delicious UCOOK upgrade by adding roasted onion wedges, homemade bechamel sauce, golden pieces of chicken fillet, and a crispy cheese crust. Sided with a pumpkin seed salad for freshness.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Jade Summers

Simple & Save

KWV - The Mentors | KWV The Mentors
Grenache Blanc 2021

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Ingredients & Prep

400g	Baby Potatoes <i>rinse & halve</i>
1	Onion <i>peel & cut into wedges</i>
10g	Pumpkin Seeds
20ml	Cake Flour
200ml	Low Fat UHT Milk
300g	Free-range Chicken Mini Fillets
10ml	NOMU Cajun Rub
50g	Cheddar Cheese
40g	Green Leaves <i>rinse & roughly shred</i>
100g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the halved baby potatoes and the onion wedges in an oven-proof dish. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. TOASTED SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally).

3. BRILLIANT BECHAMEL Place a small pot over medium heat with 20g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

4. GOLDEN CHICKEN When the roast has 5 minutes to go, return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden, 1-2 minutes per side. In the final 30 seconds, baste the chicken with a knob of butter and the NOMU rub. You may need to do this step in batches. Remove from the pan, season, and set aside.

5. MORE CHEESE, PLEASE When the roast is done, remove from the oven and mix in the fried chicken and the bechamel. Top with the cheese and return to the oven until the cheese is brown and crispy, 10-12 minutes.

6. NUTTY SALAD In a bowl, combine the salad leaves, the cucumber half moons, the toasted seeds, a drizzle of olive oil, and seasoning.

7. SO EASY, SO TASTY Dish up the cheesy chicken and potato bake, and side with the fresh salad.

Nutritional Information

Per 100g

Energy	369kJ
Energy	88kcal
Protein	7.3g
Carbs	8g
of which sugars	2.5g
Fibre	1g
Fat	2.4g
of which saturated	1.1g
Sodium	86mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
3 Days