

UCCOOK

Mixed Nuts & Balsamic Chicken

with charred green beans

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kirsty Storar

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	400kj	3287kj
Energy	96kcal	786kcal
Protein	7g	57.2g
Carbs	13g	110g
of which sugars	6.1g	49.9g
Fibre	2.1g	17.1g
Fat	2.5g	20.8g
of which saturated	0.7g	5.9g
Sodium	35mg	286mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse</i>
20g	40g	Mixed Nuts <i>(5g [10g] Almonds, 10g [20g] Walnuts & 5g [10g] Pistachio Nuts)</i>
3	6	Baby Onions
1	2	Free-range Chicken Breast/s
30ml	60ml	Balsamic Glaze <i>(15ml [30ml] Balsamic Vinegar & 15ml [30ml] Honey)</i>
100g	200g	Green Beans <i>rinse</i>
3g	5g	Fresh Thyme <i>rinse</i>
25g	50g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Paper Towel

1. CRISS-CROSS POTATOES Preheat the oven to 220°C. Using a knife, cut a small cross on the top of each baby potato so that the flesh is exposed. Place the potatoes, cut-side up, on a roasting tray. Coat in oil and season. Roast until cooked through and crisping up, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CRUNCH FACTOR Roughly chop the nuts. Place the nuts in a pan (with the lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BABY ONIONS Peel the baby onions and halve lengthwise. Don't remove the tip that keeps the layers joined together. Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, add the onions cut-side down with a splash of water. Cover and cook until softened and cooked through, 15-20 minutes. Remove the lid and flip the onions. Fry until cooked through and charred, 5-8 minutes. Season, remove from the pan and set aside.

4. NUTTY-BALSAMIC CHICKEN Place a clean pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste with the balsamic glaze and add ½ of the toasted nuts. Remove from the pan with all the pan juices and rest for 3 minutes before slicing and seasoning.

5. GO-GO GREEN BEANS Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter and the thyme. Remove from the pan, discard the thyme sprigs, and season.

6. JUST LOOK AT THAT! Plate up the golden potatoes alongside the chicken, drizzle the reserved pan juices over the chicken, serve the onions and green beans on the side, and sprinkle over the remaining toasted nuts. Crumble over the goat's cheese. Cheers, Chef!