



UCCOOK

Creamy Mustard Spuds & Grilled Chicken

with sage burnt butter & charred onion

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Nitída | Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	409kj	2800kj
Energy	98kcal	670kcal
Protein	7.8g	53.3g
Carbs	10g	70g
of which sugars	2.1g	14.4g
Fibre	1.5g	10g
Fat	2.4g	16.2g
of which saturated	0.6g	3.8g
Sodium	112mg	768mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse & cut in half</i>
1	1	Onion <i>peel & cut in wedges</i>
10ml	20ml	NOMU Poultry Rub
1	1	Garlic Clove <i>peel & grate</i>
100ml	200ml	Mustard-yoghurt <i>(80ml [160ml] Greek Yoghurt & 20ml [40ml] Wholegrain Mustard)</i>
150g	300g	Free-range Chicken Mini Fillets
10g	20g	Almonds
3g	5g	Fresh Sage <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. OM-NOM NOMU POTATOES Preheat the oven to 200°C. Spread the baby potatoes and the onion on a roasting tray. Coat in oil, ½ the NOMU rub, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. GARLIC-MUSTARD SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds. Remove from the pan, mix in the mustard-yoghurt, and season.

3. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat with the remaining rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

4. NUTS & SAGE BUTTER Return the pan, wiped down, to medium heat. Toast the almonds until golden, 1-2 minutes. Mix in 15g [30g] of butter and the sage leaves. Cook until the leaves are crispy, 2-3 minutes (shifting occasionally). Remove from pan.

5. TIME TO EAT Make a bed of the creamy aioli, top with the roast, and the grilled chicken. Scatter over the nuts, the sage leaves, and drizzle over the burnt butter. Dig in, Chef!