



# UCCOOK

## Crumbed Chicken & Thyme Charred Grapes

with a UCCOOK honey mustard dressing

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Nitida | Riesling

Nutritional Info	Per 100g	Per Portion
Energy	453kj	2338kj
Energy	108kcal	558kcal
Protein	6.1g	31.7g
Carbs	15g	76g
of which sugars	3.7g	19.3g
Fibre	1.3g	6.6g
Fat	4.6g	23.8g
of which saturated	0.6g	3.1g
Sodium	168mg	869mg

**Allergens:** Cow's Milk, Egg, Gluten, Wheat, Sulphites

Eat Within 2 Days

### Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks
1	2	Crumbed Chicken Breast/s
80g	160g	Grapes <i>rinse &amp; pat dry</i>
3g	5g	Fresh Thyme <i>rinse</i>
40g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
1 unit	1 unit	UCOOK Honey Mustard Dressing

### From Your Kitchen

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

- 1. SWEET SPOT** Coat the sweet potato pieces in oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Roast the sweet potato for 25-30 minutes (shifting halfway). Place a pan over medium heat with a drizzle of oil and fry the chicken for roughly 30-60 seconds a side. Drain on paper towel. Slice the chicken before serving.
- 2. CHARRED GRAPES** Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the grapes and the thyme sprigs until charred, 3-4 minutes (shifting as they colour). Remove from the pan, discard the thyme sprigs, and season.
- 3. JUST BEFORE SERVING** In a salad bowl, combine the salad leaves, the charred grapes, and the sweet potato.
- 4. DINNER IS READY** Bowl up the loaded salad, top with the sliced chicken, and drizzle over the UCOOK salad dressing (to taste). Well done, Chef!