

UCOOK

Garlic Sauce & Chicken

with parsley rice & peas

A great cooking trick to remember is that one extra step or ingredient can easily elevate a nice dish to an impressive one. This recipe uses that handy tip with the side dishes by adding fresh parsley to the rice and turning plump peas into a lovely green salad. A creamy, dreamy garlicky sauce is always a winner for a chicken dinner!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

Simple & Save

Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
3g	Fresh Parsley <i>rinse & roughly chop</i>
1	Free-range Chicken Breast
50g	Peas
20g	Salad Leaves <i>rinse & roughly shred</i>
1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
10ml	Italian Flour <i>(5ml Cake Flour & 5ml NOMU Italian Rub)</i>
60ml	Low Fat UHT Milk

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork, toss through ½ the chopped parsley, and cover.

2. CHICKEN Pat the chicken breast dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point (be careful not to cut all the way through to the other side). Open out the breast so that it resembles a butterfly.

3. PLUMP PEAS Boil the kettle. Submerge the peas in boiling water until plump and heated through, 2-3 minutes. Drain and place in a bowl. Just before serving, add the shredded salad leaves, a drizzle of olive oil, and seasoning. Toss until combined.

4. FRY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the butterflied chicken until golden and cooked through, 2-3 minutes per side. During the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes. Season.

5. SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1 minute (shifting constantly). Add 20g of butter and the Italian flour. Fry for 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps. Loosen with a splash of warm water if it's too thick. Season.

6. WELL DONE, CHEF! Plate up the parsley rice and top with the chicken smothered in the creamy sauce. Side with the pea salad and sprinkle over the remaining parsley.

Nutritional Information

Per 100g

Energy	483kj
Energy	116kcal
Protein	9.4g
Carbs	16g
of which sugars	2.5g
Fibre	1.5g
Fat	1.3g
of which saturated	0.4g
Sodium	38mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days