



U C O O K

— COOKING MADE EASY

CREAMY MEDITERRANEAN CHICKEN

with a rich sun-dried tomato sauce, fresh basil & cheesy roast potatoes

Your favourite Mediterranean flavours and your favourite potatoes! A luxurious cream, sun-dried tomato, hard cheese, and lemon sauce swirls around a crispy-skinned chicken breast and lemony green beans, flecked with slivered almonds.

Hands-On Time: 45 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Lauren Todd

 **Easy Peasy**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us
[@ucooksa](#) [#lovingucook](#)



Ingredients & Prep

| | |
|-------|--|
| 800g | Baby Potatoes <i>rinsed & halved</i> |
| 8g | Fresh Thyme <i>rinsed</i> |
| 40g | Slivered Almonds |
| 20ml | Chicken Stock |
| 4 | Free-Range Chicken Breasts |
| 3 | Garlic Cloves <i>peeled & grated</i> |
| 120g | Sun-Dried Tomatoes <i>drained & roughly chopped</i> |
| 250ml | Fresh Cream |
| 120ml | Grated Italian-Style Hard Cheese |
| 2 | Lemon <i>cut into wedges</i> |
| 320g | Green Beans <i>rinsed, trimmed & halved</i> |
| 10g | Fresh Basil <i>rinsed & sliced</i> |

From Your Kitchen

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

1. CRISPY NEW POTATOES Preheat the oven to 200°C. Place the halved baby potatoes on a roasting tray. Coat in oil, season, and spread out in a single layer. Smash the rinsed thyme sprigs in the palm of your hand to release the aromatic oils and add to the tray. Roast in the hot oven for 35-40 minutes until crispy, shifting halfway.

2. TOAST THE ALMONDS & PREP THE STOCK Boil the kettle. Place a large pan (that has a lid) over a medium heat. When hot, toast the slivered almonds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Dilute the stock with 250ml of boiling water and set aside.

3. GOLDEN CHICKEN Return the pan to a medium heat with a drizzle of oil. Pat the chicken breasts dry with some paper towel and season to taste. When the pan is hot, fry the breasts skin-side down for 5-7 minutes until the skin is crispy. Flip, pop on the lid, and fry for a further 3-4 minutes until lightly browned but not cooked through. Remove from the pan on completion and set aside.

4. MAKE THE CREAMY SAUCE Keeping the juices in the pan, return it to the heat and sauté the grated garlic for 1-2 minutes until fragrant. Add the chopped sun-dried tomatoes and fry for another 1-2 minutes, shifting occasionally. Reduce the heat, stir in the diluted stock, and simmer for 7-8 minutes until slightly reduced. Then, stir through the cream and half of the grated cheese. Allow to reduce further for 8-10 minutes until a thick sauce. Squeeze in the juice from 4 lemon wedges and place the chicken breasts in the sauce, skin-side up. Simmer for another 7-8 minutes until the breasts are cooked through, basting regularly with the sauce.

5. BEANS & POTATS! While the chicken is simmering, place another pan over a medium-high heat with a drizzle of oil and a splash of water. Once simmering, cook the halved green beans for 6-7 minutes until al dente. On completion, remove the pan from the heat and toss through some lemon juice and seasoning to taste. When the potatoes are cooked, remove the tray from the oven and discard the thicker thyme stalks. Sprinkle over the remaining grated cheese and toss until melted.

6. TIME TO DINE! Serve up the tender chicken breast, smother in the sun-dried tomato sauce, and plate the lemony green beans alongside it. Sprinkle over the fresh, sliced basil and toasted almonds. Serve the cheesy roast potatoes on the side. Yum!



Chef's Tip

To cook food 'al dente' means it should still be firm when bitten. It should be tender, but not soft! This typically refers to pasta, but also applies to other grains, as well as a range of veg. In the case of your green beans, they should still have a slight snap to them once cooked.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 597kj |
| Energy | 143Kcal |
| Protein | 9.3g |
| Carbs | 6g |
| of which sugars | 2.7g |
| Fibre | 1.6g |
| Fat | 7.6g |
| of which saturated | 3.4g |
| Sodium | 182mg |

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days