



UCOOK

Creamy Sun-dried Tomato Chicken

with olives, baby marrow & fluffy millet

Winner, winner 'amazing, creamy, tomatoey' chicken dinner! Sun-dried tomatoes are roasted alongside juicy golden chicken pieces and fresh basil. A bed of fluffy olive-laced millet is served with this roasted delight of a dish to make sure all of the delectable juices are soaked up!


Hands-On Time: 10 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

2	Free-range Chicken Pieces
100g	Baby Marrow <i>rinsed, trimmed & halved lengthways</i>
1	Garlic Clove <i>peeled</i>
30g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
5ml	Chicken Stock
65ml	Fresh Cream
1	Lemon <i>½ zested & cut into wedges</i>
30ml	Grated Italian-style Hard Cheese
75ml	Millet
25g	Pitted Kalamata Olives <i>drained & halved</i>
3g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

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

1. GET ROASTING Preheat the oven to 200°C. Boil the kettle. Pat the chicken pieces dry with a paper towel. Place in a roasting dish with the baby marrow halves and coat in oil. Add the garlic clove, the chopped sun-dried tomatoes, the stock, 20ml of boiling water, the cream, the juice of 1 lemon wedge, and seasoning. Mix until fully combined. Roast in the hot oven for 30-35 minutes until the chicken and baby marrow is cooked through and the sauce has reduced slightly. On completion, remove from the oven and sprinkle over ½ the grated cheese and seasoning if necessary. Mix until fully combined.

2. MARVELOUS MILLET Place a pot over a medium heat. When hot, toast the millet for 1-3 minutes, shifting occasionally. Pour in 150ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil and the halved olives. Replace the lid and set aside to keep warm until serving.

3. THE MAIN EVENT Dish up a hearty helping of the olive-laced millet. Spoon over the chicken bake. Scatter over the remaining grated cheese, the torn basil, and the lemon zest (to taste). Serve with a lemon wedge. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	813kJ
Energy	194Kcal
Protein	12g
Carbs	11g
of which sugars	2.4g
Fibre	1.7g
Fat	11.7g
of which saturated	4.4g
Sodium	171mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days