



# 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!

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**Hands-On Time:** 15 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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 Fan Faves

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 Niel Joubert | Sauvignon Blanc

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## Ingredients & Prep

|       |                                                                   |
|-------|-------------------------------------------------------------------|
| 4     | Free-range Chicken Pieces                                         |
| 200g  | Baby Marrow<br><i>rinsed, trimmed &amp; halved<br/>lengthways</i> |
| 1     | Garlic Clove<br><i>peeled</i>                                     |
| 60g   | Sun-dried Tomatoes<br><i>drained &amp; roughly<br/>chopped</i>    |
| 10ml  | Chicken Stock                                                     |
| 125ml | Fresh Cream                                                       |
| 1     | Lemon<br><i>zested &amp; cut into wedges</i>                      |
| 60ml  | Grated Italian-style Hard<br>Cheese                               |
| 150ml | Millet                                                            |
| 50g   | Pitted Kalamata Olives<br><i>drained &amp; halved</i>             |
| 5g    | Fresh Basil<br><i>rinsed, picked &amp; roughly<br/>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 cloves, the chopped sun-dried tomatoes, the stock, 40ml of boiling water, the cream, the juice of 2 lemon wedges, 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 300ml 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