



UCCOOK

Olive, Tomato Chicken & Grilled Polenta

with charred green beans

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info

	Per 100g	Per Portion
Energy	617kJ	4072kJ
Energy	148kcal	974kcal
Protein	8.4g	55.5g
Carbs	13.8g	91.1g
of which sugars	2.1g	14g
Fibre	2g	13g
Fat	5.9g	38.9g
of which saturated	2.3g	15.1g
Sodium	131mg	866mg

Allergens: Sulphites, Egg, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Polenta
90ml	125ml	Grated Italian-style Hard Cheese
150ml	200ml	Crème Fraîche
450g	600g	Free-range Chicken Mini Fillets
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	NOMU Italian Rub
240g	320g	Baby Tomatoes <i>rinse</i>
90g	120g	Pitted Kalamata Olives <i>drain & cut in half</i>
240g	320g	Green Beans <i>rinse</i>
45g	60g	Almonds
30ml	40ml	Lemon Juice

From Your Kitchen

Seasoning (salt & pepper)
Water
Butter
Paper Towel
Baking Paper
Cling Wrap
Sugar/Sweetener/Honey

1. POLENTA BASE Boil the kettle. Prepare a flat dish lined with cling wrap or baking paper. Place a pot over high heat with 750ml [1L] of boiling water and ½ tsp of salt. Once boiling, slowly whisk in the polenta until there are no lumps. Loosening with more boiling water if it's too thick. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Use a spoon when it gets too thick to whisk. Remove the pot from the heat and stir through a knob of butter, ½ of the grated cheese, and the crème fraîche. Immediately pour into the lined dish and spread out evenly in a single layer, 2cm thick. Gently press down with a spoon to ensure it's compressed. Pop in the fridge to cool for at least 20-25 minutes.

2. CHICKEN Place a pan over high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and but not cooked through, 30-60 seconds per side. Remove from the pan, season, and set aside. You may need to do this step in batches. Remove from the pan, season, and set aside.

3. OLIVE TOMATO SAUCE Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the onion until soft and lightly golden, 6-8 minutes. Add the garlic, NOMU rub, and fry until fragrant, 1-2 minutes. Add the tomatoes, pressing them down with the back of a wooden spoon until slightly saucy and lightly charred, 8-10 minutes. Mix in the olives, chicken, a splash of water, and a sweetener (to taste). Gently simmer until the chicken is cooked through, 4-5 minutes. Remove from the heat, add seasoning, and cover to keep warm.

4. GREEN BEANS & ALMONDS Place a nonstick pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the green beans until lightly charred, 6-7 minutes (shifting occasionally). In the final 2-3 minutes, add the almonds. Remove from the heat, deglaze the pan with the lemon juice (to taste), and season. Remove from the pan and cover to keep warm.

5. GRILLED POLENTA Once the polenta is firm, cut it into squares or rounds. Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the polenta until golden and crisp, 3-4 minutes per side (avoid moving them too soon so they don't stick). You may need to do this step in batches. Remove from the heat.

6. DINNER IS READY Dish up the polenta, side with the tasty chicken, and green beans. Garnish with a sprinkle of the remaining cheese and enjoy, Chef!

Chef's Tip For the best texture, do step one the night before, it firms up the polenta beautifully and makes slicing and grilling much easier.