



UCCOOK

Crumbed Chicken & Red Pepper Dressing

with baby potatoes

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	615kj	3520kj
Energy	147kcal	842kcal
Protein	7.2g	41.1g
Carbs	13g	76g
of which sugars	2.2g	12.5g
Fibre	1g	5.7g
Fat	6.8g	38.8g
of which saturated	1.6g	9.3g
Sodium	219mg	1252mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3		[Serves 4]
750g	1kg	Baby Potatoes <i>rinse & halve</i>
60g	80g	Salad Leaves <i>rinse, pick & roughly chop</i>
90g	120g	Danish-style Feta <i>drain</i>
150g	200g	Cucumber <i>rinse & cut into thin rounds</i>
30ml	40ml	Lemon Juice
3	4	Crumbed Chicken Breasts
180ml	240ml	Creamy Red Pesto <i>(120ml [160ml] Vegan Mayo & 60ml [80ml] Pesto Princess Red Pepper Pesto)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. BEGIN WITH BABY POTATOES Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. ZESTY SALAD In a bowl, combine the salad leaves, the feta, the cucumber, the lemon juice (to taste) and a drizzle of olive oil. Season and set aside.

3. CRUMBED CHICKEN Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving. Alternatively, air fry at 200°C until crispy and warmed through, 3-5 minutes.

4. GREAT PLATE, CHEF! Plate up the soft potatoes. Side with the salad and the sliced chicken. Drizzle the creamy red pesto over the chicken. Dinner is ready!