



# UCOOK

## Herbed Cream & Crispy Crumbed Chicken

with charred green beans

You've tried the chicken and potato combo before, but never dressed up like this, Chef! Oven-roasted potato is served with crumbed chicken breast slices, which are drizzled with a decadent white wine-infused sour cream drizzle dotted with chives.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Quick & Easy

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Deetlefs Wine Estate | Deetlefs Stonecross  
Pinotage Rosé

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Ingredients & Prep

200g	Potato Chunks
5ml	NOMU Italian Rub
1	Crumbed Chicken Breast
80g	Green Beans <i>rinse</i>
1	Garlic Clove <i>peel &amp; grate</i>
15ml	White Wine
30ml	Sour Cream
3g	Fresh Chives <i>rinse &amp; finely chop</i>

From Your Kitchen

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

**1. POTATO** Coat the potato pieces in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. GREEN BEANS & CHICKEN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 3-4 minutes (shifting occasionally). Remove from the pan and season. Return the pan to 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.

**3. SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Deglaze the pan with the wine. Mix in the sour cream and 50ml of water. Simmer until slightly reduced, 1-2 minutes. Remove from the heat, mix in the sliced chives, and season.

**4. DINNER IS READY** Plate up the roasted potatoes, side with the sliced chicken, and the charred green beans. Spoon over the herby sauce and dig in, Chef!



Chef's Tip

Coat the potato pieces in oil & the NOMU rub, and spread on a roasting tray. Roast in the oven at 200°C until golden, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	297kJ
Energy	71kcal
Protein	7.3g
Carbs	13g
of which sugars	1.8g
Fibre	1.3g
Fat	2.2g
of which saturated	1g
Sodium	153mg

Allergens

Cow's Milk, Egg, Gluten, Allium,  
Wheat, Sulphites, Alcohol

Eat  
Within  
2 Days