

UCOOK

Creamy Sun-dried Tomato Crumbed Chicken

with roast veg mix & crispy onion bits

This delicious recipe is so easy to make, it will almost feel like cheating in the kitchen, Chef! A veggie medley of onion, butternut, baby marrow, sweet potato & rosemary is roasted to golden perfection, then sided with slices of crumbed chicken. Cover in the garlicky cream sauce dotted with sun-dried tomatoes, the crispy onion bits, and dig in.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Paul Cluver | Village Chardonnay

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Ingredients & Prep

250g	Roast Veg Mix
1	Crumbed Chicken Breast
20g	Sun-dried Tomatoes <i>drain & roughly chop</i>
1	Garlic Clove <i>peel & grate</i>
50ml	Fresh Cream
15ml	Grated Italian-style Hard Cheese
10ml	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. VEG MIX Coat the veg mix in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. CHICKEN When the veg mix has 5-8 minutes to go, add the chicken and air fry until crispy. Alternatively: 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.

3. SAUCE Return the pan to medium heat. When hot, fry the sun-dried tomatoes, and the grated garlic until fragrant, 30-60 seconds. Mix in the cream, a splash of water, and the cheese. Simmer until slightly thickening, 1-2 minutes. Remove from the pan and season.

4. TIME TO EAT Plate up the roast veg, side with the sliced chicken, and drizzle over the creamy sauce. Garnish with a sprinkle of the crispy onion bits, and enjoy, Chef!



Chef's Tip

Preheat the oven to 200°C. Spread the veg mix on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 20-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	622kJ
Energy	149kcal
Protein	7.9g
Carbs	15g
of which sugars	2.3g
Fibre	1g
Fat	5.7g
of which saturated	2.9g
Sodium	145.2mg

Allergens

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

Eat
Within
2 Days