



WCOOK

Sticky Cherry Chicken

with soft baby potatoes & charred green beans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	449kj	3667kj
Energy	107kcal	877kcal
Protein	7.2g	58.5g
Carbs	10g	83g
of which sugars	4.9g	40.3g
Fibre	1.1g	9g
Fat	3.5g	29g
of which saturated	1g	7.8g
Sodium	441mg	3596mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk,
Alcohol, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Thyme <i>rinse</i>
50g	100g	Cherries
80ml	160ml	Sweet-soy Wine <i>(40ml [80ml] Red Wine, 20ml [40ml] Low Sodium Soy Sauce & 20ml [40ml] Sugar)</i>
5ml	10ml	Chicken Stock
80g	160g	Green Beans <i>rinse</i>
10ml	20ml	Lemon Juice

From Your Kitchen

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

1. **CHICKEN** Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. **SOFT POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and add a generous knob of butter and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Set aside.

3. **CHERRY SAUCE** Place a small pot over medium heat with a drizzle of oil. When hot, fry the onion until soft and lightly golden, 4-6 minutes (shifting occasionally). Add the garlic and the thyme sprigs. Fry until fragrant, 30-60 seconds. Mix in the cherries, sweet-soy sauce, chicken stock, and 1 [2] tbsp of water. Using a fork, lightly crush the cherries to break their skins. Simmer until slightly thickening, 6-8 minutes. Remove from the heat, discarding the thyme sprigs, and stir through a knob of butter.

4. **STICKY CHERRY CHICKEN** When the chicken has 5-6 minutes to go, pour the cherry sauce over the chicken and roast for the remaining time until slightly sticky.

5. **CHARRED GREEN BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Deglaze the pan with the lemon juice, remove from the pan, and season.

6. **DINNER IS READY** Plate up the soft potatoes, side with the chicken and all the sauce. Serve alongside the charred green beans and dig in, Chef!