



UCOOK

Creamy Mediterranean Chicken

with a rich sun-dried tomato sauce, fresh basil & cheesy potatoes

Your favourite Med flavours and your favourite potatoes! A luxurious cream, sun-dried tomato, hard cheese, and lemon sauce swirls around a chicken breast, flecked with flaked almonds and served with zesty peas.

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Lauren Todd

 Easy Peasy

 Warwick Wine Estate | First Lady Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

600g	Baby Potatoes <i>rinsed & halved</i>
6g	Fresh Thyme <i>rinsed</i>
30g	Flaked Almonds
15ml	Chicken Stock
3	Free-Range Chicken Breasts
3	Garlic Cloves <i>peeled & grated</i>
90g	Sun-Dried Tomatoes <i>drained & roughly chopped</i>
170ml	Fresh Cream
90ml	Grated Italian Style Hard Cheese
2	Lemons <i>zested & cut into wedges</i>
150g	Peas
8g	Fresh Basil <i>rinsed & roughly sliced</i>

From Your Kitchen

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

1. CRISPY NEW POTATOES Preheat the oven to 200°C. Place the halved baby potatoes on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 35-40 minutes until crispy. At the halfway mark, remove from the oven and give a shift. Crush the rinsed thyme sprigs between your palms to release their oils and scatter over the tray. Return to the oven for the remaining cooking time.

2. TOAST THE ALMONDS & PREP THE STOCK Boil the kettle. Place a large pan that has a lid over a medium heat. When hot, toast the flaked almonds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Dilute the stock with 170ml of boiling water and set aside.

3. GOLDEN CHICKEN Return the pan to a medium heat with a drizzle of oil. Pat the chicken breasts dry with paper towel and season. When the pan is hot, fry the breast on one side for 5-7 minutes. Flip, pop on the lid, and fry for a further 3-4 minutes until lightly browned but not cooked through. Remove from the pan on completion and set aside.

4. MAKE THE CREAMY SAUCE Leaving the juices in the pan, return it to the heat and sauté the grated garlic for 1-2 minutes until fragrant. Add the chopped sun-dried tomatoes and fry for another 1-2 minutes, shifting occasionally. Lower the heat, stir in the diluted stock, and simmer for 4-5 minutes until slightly reduced, stirring occasionally. Stir through the cream and half of the grated cheese, and allow to reduce further for 6-7 minutes until a thick sauce. Mix in the juice of 3 lemon wedges, then place the breasts in the sauce. Simmer for another 8-9 minutes until cooked through, basting regularly with the sauce.

5. PEAS & POTATOES Submerge the peas in hot water for 2-3 minutes until plump and heated through. Drain on completion and toss through some lemon zest and seasoning to taste. When the potatoes are cooked, remove from the oven and discard the thicker thyme stalks. Sprinkle over the remaining grated cheese and toss until melted.

6. TIME TO DINE! Serve up the tender chicken breast, smother in Mediterranean sauce, and plate the lemony peas alongside it. Sprinkle over the sliced basil, toasted almonds, and any remaining lemon zest to taste. Serve the cheesy roast potatoes on the side. Yum!



Chef's Tip

Almonds are high in vitamin E, which is vital for healthy skin. These nutritious nuts are versatile, and can be added to both savoury and sweet meals.

Nutritional Information

Per 100g

Energy	612kJ
Energy	146Kcal
Protein	9.3g
Carbs	10g
of which sugars	2.9g
Fibre	1.8g
Fat	7.6g
of which saturated	3.4g
Sodium	133.3mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days