

# 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Quick & Easy

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Paul Cluver | Village Chardonnay

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## Ingredients & Prep

750g	Roast Veg Mix
3	Crumbed Chicken Breasts
60g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
2	Garlic Cloves <i>peel &amp; grate</i>
150ml	Fresh Cream
45ml	Grated Italian-style Hard Cheese
30ml	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, 20-25 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