



# UCCOOK

## Grilled Chicken & Red Pepper Dressing

with baby potatoes

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Jenna Peoples

**Wine Pairing:** Muratie Wine Estate | Muratie Isabella Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 533kJ    | 3694kJ      |
| Energy             | 127kcal  | 884kcal     |
| Protein            | 7.4g     | 51g         |
| Carbs              | 9g       | 64g         |
| of which sugars    | 2.1g     | 14.9g       |
| Fibre              | 1.1g     | 7.8g        |
| Fat                | 6.5g     | 44.8g       |
| of which saturated | 1.6g     | 10.8g       |
| Sodium             | 174mg    | 1205mg      |

**Allergens:** Sulphites, Tree Nuts, Sugar Alcohol (Sweetener), Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                             |
|----------|------------|-------------------------------------------------------------------------------------------------------------|
| 750g     | 1kg        | Baby Potatoes<br><i>rinse &amp; cut in half</i>                                                             |
| 15ml     | 20ml       | NOMU One For All Rub                                                                                        |
| 3        | 4          | Free-range Chicken Breasts                                                                                  |
| 125ml    | 160ml      | Colleen's Handmade<br>Peri-peri Sauce                                                                       |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                                            |
| 90g      | 120g       | Danish-style Feta<br><i>drain</i>                                                                           |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; cut into thin rounds</i>                                                         |
| 30ml     | 40ml       | Lemon Juice                                                                                                 |
| 250ml    | 320ml      | Creamy Red Pesto<br><i>(125ml [160ml] Mayo &amp;<br/>125ml [160ml] Pesto Princess<br/>Red Pepper Pesto)</i> |

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

**1. BEGIN WITH BABY POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, spice with the NOMU rub, season, and cover. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. ZESTY SALAD** In a bowl, combine the salad leaves, the feta, the cucumber, the lemon juice (to taste) and a drizzle of olive oil. Season and set aside.

**3. CHICKEN** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the peri-peri sauce. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

**4. GREAT PLATE, CHEF!** Plate up the soft potatoes. Side with the salad and the sliced chicken. Drizzle the creamy red pesto over the chicken. Dinner is ready!