



UCOOK

French Onion-style Chicken

with a fresh tomato salad

Chicken strips are pan fried until golden and crisp, before being topped with the most glorious sweet and salty French onion-style topping! Think French onion soup but thicker and with more concentrated flavour... divine, right? It is served with roasted butternut and a fresh tomato & pecan nut salad for some freshness and crunch!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

Carb Conscious

Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
5ml	Cornflour
1	Onion <i>peel & finely slice ½</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Thyme <i>rinse & pick</i>
50ml	White Wine
10ml	Vegetable Stock
1	Free-range Chicken Breast <i>pat dry with paper towel & cut into strips</i>
50g	Mozzarella Cheese <i>grate</i>
20g	Green Leaves <i>rinse</i>
80g	Baby Tomatoes <i>rinse & halve</i>
10g	Pecan Nuts

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter
Paper Towel

1. BUTTERNUT & PREP Preheat the oven to 200°C. Boil the kettle. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place the cornflour in a small bowl with 1 tbsp of boiling water and mix until a thin paste.

2. START THE TOPPING Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft and caramelised, 7-9 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste).

3. FRENCH ONION STYLE When the onion is caramelised, add the grated garlic, the picked thyme, and the white wine to the pan. Simmer until the wine has almost all evaporated, 1-2 minutes (stirring occasionally). Add 50ml of boiling water, the stock, and the cornflour mix. Simmer until slightly reduced and thickened, 2-3 minutes. Season and remove from the pan.

4. SUPER CHICKY Return the pan to high heat with a drizzle of oil. When hot, pan-fry the chicken strips until golden and cooked through, 30-60 seconds per side. Baste with a knob of butter and remove from the heat.

5. IRRESISTIBLY CHEESY Transfer the chicken strips to a greased baking tray. Top with the onion mixture and sprinkle over the grated cheese. Pop in the hot oven until the cheese is melted and golden, 2-3 minutes. Allow to rest for 3 minutes before serving.

6. SUPREME SALAD In a bowl, combine the rinsed green leaves, the halved tomatoes, the pecan nuts, a drizzle of olive oil, and seasoning.

7. THE MAIN EVENT! Serve up the tender French onion-style chicken. Side with the roasted butternut and the tomato salad. Tuck in, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	378kJ
Energy	91kcal
Protein	6.9g
Carbs	7g
of which sugars	1.9g
Fibre	1.3g
Fat	3g
of which saturated	1.1g
Sodium	173mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Eat
Within
3 Days