UCOOK

Grilled Chicken & Red Pepper Dressing

with baby potatoes

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

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

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes *rinse & cut in half*
5ml	10ml	NOMU One For All Rub
1	2	Free-range Chicken Breast/s
40ml	80ml	Colleen's Handmade Peri-peri Sauce
20g	40g	Salad Leaves *rinse & roughly shred*
30g	60g	Danish-style Feta *drain*
100g	200g	Cucumber *rinse & cut into thin rounds*
10ml	20ml	Lemon Juice
80ml	160ml	Creamy Red Pesto *(40ml [80ml] Mayo & 40ml [80ml] Pesto Princess Red Pepper Pesto)*

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, 12-15 minutes. Drain, spice with the NOMU rub, season, and cover. Alternatively, air fry at 200°C until crispy, 15-20 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!