



# UCOOK

## Sun-dried Tomato Chicken

with fresh oregano & roasted baby  
carrots

Chicken breast is smothered in a creamy, cheesy sauce packed with sun-dried tomato, garlic & oregano. Sided with roasted baby carrots and beetroot, dinner truly doesn't get any better than this!

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Strandveld | Pofadderbos Sauvignon Blanc

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## Ingredients & Prep

480g	Baby Carrots <i>trimmed, rinsed &amp; halved</i>
600g	Beetroot <i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
4	Free-range Chicken Breasts
2	Garlic Cloves <i>peeled &amp; grated</i>
30ml	Chicken Spice <i>(20ml Dried Thyme &amp; 10ml Dried Chilli Flakes)</i>
15g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
40ml	Chicken Stock
160ml	Crème Fraîche
80g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
125ml	Grated Italian-style Hard Cheese
80g	Salad Leaves <i>rinsed</i>
120g	Danish-style Feta <i>drained &amp; crumbled</i>

## From Your Kitchen

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

**1. ROASTED VEGGIES** Preheat the oven to 200°C. Spread out the halved baby carrots and the beetroot chunks on a roasting tray. Coat in oil, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. CHICKEN FLATTY** Pat the chicken breasts dry with paper towel. Lay the breasts on a chopping board and cover with cling wrap. Using an empty jar, or rolling pin, pound each breast until halved in thickness. Season and set aside.

**3. GOLDEN & CRISPY** Boil the kettle. When the roast has been in for 10-15 minutes, place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken until crispy and golden, 2-3 minutes. Flip, and fry on the other side until browned but not cooked through, 1-2 minutes. Remove from the pan and place in a baking dish.

**4. CHEESY SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the chicken spice (to taste) and ½ the chopped oregano. Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat and add the stock, 400ml of boiling water, and the crème fraîche. Reduce the heat and simmer until slightly reduced, 7-8 minutes. Add the chopped sun-dried tomatoes and the grated cheese. Add the mixture to the baking dish with the chicken breasts. Pop in the oven and bake until the chicken is cooked through, 8-10 minutes.

**5. CRUNCHY & CREAMY SALAD** In a bowl, combine the rinsed salad leaves, the roasted beetroot, the crumbled feta, seasoning, and a drizzle of olive oil.

**6. 'MARRY ME' CHICKEN** Plate up the sun-dried tomato chicken and creamy sauce. Side with the crispy beetroot feta salad and the roasted carrots. Sprinkle over the remaining oregano. Dig in, Chef!



## Chef's Tip

To make sure your vegetables do get crispy, spread it out with a little space between each piece and don't overcrowd the tray!

## Nutritional Information

Per 100g

Energy	522kJ
Energy	125kcal
Protein	9.5g
Carbs	6g
of which sugars	2.5g
Fibre	1.8g
Fat	6.7g
of which saturated	3.5g
Sodium	272mg

## Allergens

Egg, Dairy, Allium, Sulphites

Cook  
within 3  
Days