



UCOOK

Sun-dried Tomato Chicken

with baby potatoes & fresh basil

Savour the sweet & tangy flavours of sun-dried tomatoes in this deliciously creamy chicken dish. With a side of crispy-skinned baby potatoes that have been roasted in the oven and a fresh green salad dotted with plump peas, you can look forward to an easy cook in the kitchen and a lovely meal at the dinner table.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Morgan Otten

Simple & Save

Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay

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Ingredients & Prep

200g	Baby Potatoes <i>rinse & halve</i>
1	Free-range Chicken Breast
1	Garlic Clove <i>peel & grate</i>
20g	Sun-dried Tomatoes <i>drain & roughly chop</i>
50ml	Fresh Cream
40g	Peas
20g	Green Leaves <i>rinse & roughly shred</i>
3g	Fresh Basil <i>rinse & roughly chop</i>

From Your Kitchen

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

1. READY, STEADY, COOK! Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. WINNER CHICKEN DINNER 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. Remove from the pan and rest for 5 minutes before cutting into strips and seasoning.

3. GRATE, CHOP & SIMMER Return the pan to medium-high heat with a drizzle of oil. When hot, sauté the grated garlic until fragrant, 1-2 minutes (shifting constantly). Add the chopped sun-dried tomatoes and fry, 1-2 minutes (shifting occasionally). Lower the heat, stir in 65ml of warm water, and simmer until slightly reduced, 4-5 minutes (stirring occasionally). Stir through the cream and reduce until thickened, 5-6 minutes. Add the chicken strips and simmer until cooked through, 7-8 minutes. Loosen with a splash of warm water if it's too thick.

4. PLUMP UP THE PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. In a bowl, combine the rinsed green leaves, the plumped peas, a drizzle of olive oil, and seasoning.

5. TIME TO DINE! Dish up the sun-dried tomato chicken with all the sauce. Side with the green salad and the roasted baby potatoes. Sprinkle over the chopped basil. Yum!

Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	9.1g
Carbs	10g
of which sugars	2.5g
Fibre	1.4g
Fat	4.9g
of which saturated	2.4g
Sodium	35mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
2 Days