



QCOOK

Creamy Sun-dried Tomato Crumbed Chicken

with roast veg mix & crispy onion bits

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	597kJ	2911kJ
Energy	143kcal	696kcal
Protein	7.9g	38.5g
Carbs	15g	74g
of which sugars	2.3g	11.1g
Fibre	1g	5.1g
Fat	5.7g	27.6g
of which saturated	2.9g	14g
Sodium	144mg	704mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Roast Veg Mix
1	2	Crumbed Chicken Breast/s
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
50ml	100ml	Fresh Cream
15ml	30ml	Grated Italian-style Hard Cheese
5g	10g	Crispy Onion Bits

From Your Kitchen

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

1. VEG MIX Coat the veg mix in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, roast in the oven at 200°C until golden, 20-30 minutes (shifting halfway).

2. CHICKEN When the veg mix has 5-8 minutes to go, add the chicken and air fry until crispy. Alternatively, place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving.

3. SAUCE Return the pan to medium heat. Fry the sun-dried tomatoes and the garlic until fragrant, 30-60 seconds. Mix in the cream, a splash of water, and the cheese. Simmer until slightly thickened, 1-2 minutes. Remove from the pan and season.

4. TIME TO EAT Plate up the roast veg, side with the sliced chicken, and drizzle over the creamy sauce. Garnish with a sprinkle of the crispy onion bits, and enjoy, Chef!