



UCCOOK

Sophie Germanier's White Wine Chicken

with creamy polenta

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Sophie Germanier

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info

	Per 100g	Per Portion
Energy	550kJ	4733kJ
Energy	132kcal	1132kcal
Protein	6.3g	54g
Carbs	14g	122g
of which sugars	2.5g	21.4g
Fibre	1.8g	15.6g
Fat	5.4g	46.2g
of which saturated	2.8g	23.7g
Sodium	85mg	727mg

Allergens: Cow's Milk, Egg, Allium, Sulphites, Alcohol

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Roast Veg Mix
10ml	20ml	NOMU Italian Rub
75ml	150ml	Polenta
150g	300g	Free-range Chicken Mini Fillets
50ml	100ml	White Wine
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Dried Oregano
1	1	Lemon <i>rinse, zest & cut into wedges</i>
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
100ml	200ml	Fresh Cream
15ml	30ml	Grated Italian-style Hard Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Paper Towel

1. **NOMU-SPICED VEG** Preheat the oven to 200°C. Spread the veg mix on a roasting tray. Coat in oil and the NOMU rub, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. **PERFECT POLENTA** Bring a pot with 350ml [700ml] of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter and some seasoning. Loosen with a splash of warm water if necessary.

3. **FRY THE FILLETS** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

4. **AMAZING AROMAS** Return the pan to medium heat with a knob of butter. Add the garlic and the oregano. Fry until fragrant, 1-2 minutes. Deglaze the pan with the wine, stirring constantly. Add some lemon zest (to taste) - careful, it's really strong - and the juice of 1 [2] lemon wedge/s and gently simmer for 30-60 seconds. Add back the chicken, along with the sun-dried tomatoes, the cream and the cheese and let it simmer until reduced, 3-4 minutes.

5. **A GREAT PLATE** Plate up the polenta, topped with the roasted veg. Finish with the creamy chicken on top. There you go, Chef, dinner is ready!