



UCOOK

Southern-style Chicken & Pesto Polenta

with a cajun sauce, corn & pickled bell peppers

East, west, home cooking is best! And this Southern-style chicken and polenta dish will prove it. On a bed of creamy red pesto polenta lies a golden chicken breast that has been deliciously covered in a creamy Cajun sauce made from white wine, cajun spices, grated garlic, zesty lemon juice & dotted with pickled peppers & corn.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

 Fan Faves

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

3	Free-range Chicken Breasts
75g	Pickled Bell Peppers <i>drained</i>
150g	Corn
2	Garlic Cloves <i>peeled & grated</i>
90ml	White Wine
300ml	Fresh Cream
60ml	Cajun Stock <i>(30ml NOMU Cajun Rub, 15ml Ground Paprika & 15ml Chicken Stock)</i>
2	Lemons <i>zested & cut into wedges</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
225ml	Polenta
60ml	Grated Italian-style Hard Cheese
125ml	Pesto Princess Red Pepper Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter

1. LET'S COOK SOME CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Using a sharp knife, slice into one side of the breast, starting at the thicker side and ending at the thinner point. Open the breast so that it resembles a butterfly. Place a pan (that has a lid) over medium-high heat with a drizzle of oil. When hot, fry the butterflied chicken on one side until golden, 1-3 minutes. Flip, cover with the lid, and fry until cooked through, 1-3 minutes. Remove from the pan, season, and cover.

2. SENSATIONAL SAUCE Boil the kettle. Return the pan to a medium heat with a drizzle of oil or knob of butter. When hot, fry the pickled pepper and the corn until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the wine. Simmer until almost evaporated, 2-3 minutes. Add the cream and the cajun stock, and simmer until slightly thickened, 3-4 minutes (stirring occasionally). In the final minute, add the cooked chicken, a squeeze of lemon juice, ½ the chopped parsley, a sweetener, and seasoning. Cover and set aside.

3. PERFECT POLENTA While the sauce is cooking, bring a pot with 1L 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, 8-10 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the grated cheese, the red pesto, and seasoning. Loosen with a splash of warm water or milk, if necessary.

4. WINNER DINNER, CHEF! Plate up a generous helping of the red pesto polenta. Top with the chicken & creamy cajun sauce. Garnish with the lemon zest (to taste) and the remaining parsley. Serve with any remaining lemon wedges. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	826kJ
Energy	198kcal
Protein	10.2g
Carbs	16g
of which sugars	2.3g
Fibre	1.5g
Fat	9.9g
of which saturated	5.2g
Sodium	319mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within 3
Days