



# UCCOOK

## Sophie Germanier's White Wine Chicken

with creamy polenta

**Hands-on Time:** 20 minutes

**Overall Time:** 40 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<br><i>peel &amp; grate</i>           |
| 5ml      | 10ml       | Dried Oregano                                     |
| 1        | 1          | Lemon<br><i>rinse, zest &amp; cut into wedges</i> |
| 30g      | 60g        | Sun-dried Tomatoes<br><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!