



UCOOK

Fabulous Chicken & Béarnaise Sauce

with sweet potato wedges & fresh salad leaves

Get cheffy with this classic béarnaise sauce, served alongside perfectly roasted chicken! This well known and delicious meal is accompanied by roasted sweet potato wedges, baby tomatoes and finished off with a simple salad for freshness. A winning flavour combination every time!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Adventurous Foodie

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

250g	Sweet Potato <i>cut into wedges</i>
1	Free-range Chicken Leg Quarter
10ml	NOMU Poultry Rub
80g	Baby Tomato Medley <i>halved</i>
15g	Pistachio Nuts
60ml	Wine & Vinegar <i>(30ml White Wine & 30ml Red Wine Vinegar)</i>
2,5ml	Dried Tarragon
1	Onion <i>¼ peeled & roughly diced</i>
50g	Butter <i>cut into 1cm cubes & kept chilled</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
30g	Italian-style Hard Cheese <i>peeled into ribbons</i>
4g	Fresh Chives <i>rinsed & chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread out the sweet potato wedges on half of a roasting tray. Coat in oil and season. Pat the chicken dry with paper towel and place on the other half of the tray. Coat in the rub, seasoning, and a drizzle of oil. Roast in the hot oven for 30-35 minutes, shifting halfway. Place the halved baby tomatoes on a second roasting tray. Coat in oil, season, and set aside.

2. TOAST Place a pan over medium heat with the pistachios. Toast for 2-4 minutes until starting to brown, shifting occasionally. Remove from the pan and roughly chop.

3. REDUCE Return the pan to a high heat with the wine & vinegar, dried tarragon, and diced onion. Reduce until almost all the liquid has evaporated. On completion, immediately remove from the heat, and stir in a small splash of water. Remove from the pan and set aside to cool.

4. TOMS When the roast is halfway, pop the tray of dressed baby tomatoes in the hot oven and roast for the remaining time. On completion, the tomatoes should be starting to blister and the sweet potato and chicken should be cooked through.

5. BÉARNAISE Ready 2 heatproof bowls. Place a clean pot over a medium-low heat and cover the base with 2cm of water. Keep a close eye on this water - it must never boil but only gently simmer! Place one of the heat-proof bowls over the pot of water - this is your make-shift bain marie! To the bowl, add 1 egg yolk and the reduced white wine mixture. Whisk in a cube of butter at a time, whisking constantly and only adding the next cube when the previous cube has melted. As you add more butter, the sauce will start to thicken. When all the butter has been added, remove from the heat and decant the sauce into the second heatproof bowl. Continue whisking until the sauce has thickened enough to coat the back of a spoon. Season to taste.

6. SALAD In a salad bowl, combine the shredded salad leaves, a drizzle of oil, the cheese ribbons, and seasoning.

7. FAB Plate up the roasted sweet potato wedges and the blistered baby tomatoes. Side with the chicken smothered in the béarnaise sauce. Serve with the salad and sprinkle over the toasted pistachios. Garnish with the chopped chives. Well done, Master Chef!



Chef's Tip

If you notice your sauce is starting to split, either whisk in another egg yolk or slowly whisk in hot water. Vigorously whisk the sauce until it comes back together!

Nutritional Information

Per 100g

Energy	661kJ
Energy	158kcal
Protein	8.6g
Carbs	7g
of which sugars	3g
Fibre	1.3g
Fat	10.3g
of which saturated	4.2g
Sodium	122mg

Allergens

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

Cook
within 3
Days