



# UCCOOK

## Creamy Cheese Sauce & Chicken

with roasted butternut wedges

You butter-nut wait too long before dishing up, Chef, because otherwise there will be nothing left of this luscious meal. Oven roasted until golden, beautifully cooked butternut wedges share a plate with crispy panko breadcrumb coated chicken strips. These are covered with creamy cheese sauce and topped with fresh parsley.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Simple & Save

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 Stettyn Wines | Stettyn Family Range Rosé  
Chardonnay Pinot Noir 2023

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## Ingredients & Prep

1	Butternut Whole <i>rinse, deseed, peel &amp; cut into wedges</i>
40ml	Cake Flour
80ml	Panko Breadcrumbs
150g	Free-range Chicken Mini Fillets
100ml	Low Fat UHT Milk
25g	Cheddar Cheese <i>grate</i>
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the butternut wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. CHICKEN PREP** Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing  $\frac{3}{4}$  of the flour (seasoned lightly) and the other containing the breadcrumbs. Pat the chicken dry with paper towel and season. Coat the chicken pieces in the flour, then in the egg, and, lastly, in the breadcrumbs.

**3. GOLDEN CHICKEN** Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed fillets until golden and cooked through, 1-2 minutes per side. Drain on paper towel and season.

**4. CHEESE SAUCE** Place a small pot over medium heat with 10g of butter. Once melted, vigorously mix in the remaining flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

**5. TIME TO EAT** Plate up the butternut wedges, side with the chicken strips, and drizzle the cheese sauce over the chicken. Garnish with the chopped parsley. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the butternut wedges in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	483kj
Energy	115kcal
Protein	9.2g
Carbs	13g
of which sugars	2.2g
Fibre	1.2g
Fat	2.7g
of which saturated	1.3g
Sodium	50mg

## Allergens

Egg, Gluten, Wheat, Cow's Milk

Cook  
within 3  
Days