



UCOOK

Chicken Milanese & Ranch Dressing

with potato wedges, a baby tomato salad & pine nuts

Transport your taste buds to Italy with this Milanese-inspired chicken dish. Next to a side of golden, oven-roasted potato wedges and nestled next to a simple greens & baby tomato salad lies a crispy, cheesy, panko breadcrumb-coated piece of chicken. Drizzled with a creamy wholegrain mustard sauce and finished with toasted pine nuts.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Fan Faves

Strandveld | The Navigator Red Blend

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
1	Free-range Chicken Breast
5g	Pine Nuts
15ml	NOMU One For All Rub
90ml	Ranch Dressing <i>(60ml Low Fat Plain Yoghurt, 25ml Buttermilk & 5ml Wholegrain Mustard)</i>
3g	Fresh Chives <i>rinse & finely chop</i>
100ml	Cheese Crumb <i>(80ml Panko Breadcrumbs & 20ml Grated Italian-style Hard Cheese)</i>
20g	Green Leaves <i>rinse & roughly shred</i>
80g	Baby Tomatoes <i>rinse & cut in half</i>
50g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. CHICKEN PREP Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Season.

3. TOAST Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

4. RANCH DRESSING Return the pan to medium heat with 10ml of oil. When hot, fry the NOMU rub until fragrant, 1-2 minutes. Remove from the pan and add to the ranch dressing. Mix in the chopped chives and season. Loosen with a splash of water if it's too thick.

5. CRUMBED CHICKEN In a shallow dish whisk 1 egg with 1 tbsp of water. Prepare 1 more shallow dish with the cheese crumb. Coat the butterflied chicken in the egg, and then in the crumb. Return the pan, wiped down if necessary, to medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season.

6. SALAD In a salad bowl, combine the shredded green leaves, the halved tomatoes, the cucumber rounds, a drizzle of olive oil, and seasoning.

7. TIME TO EAT Plate up the potato wedges. Side with the crumbed chicken and the fresh salad. Drizzle over the ranch dressing and garnish with the toasted pine nuts. Well done, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	394kJ
Energy	94kcal
Protein	8.2g
Carbs	11g
of which sugars	1.1g
Fibre	1.6g
Fat	2.1g
of which saturated	0.7g
Sodium	123mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Cow's Milk

Eat
Within
3 Days