



UCOOK

Sun-dried Tomato Chicken

with fresh oregano & roasted baby
carrots


Chicken mini fillets are smothered in a creamy cheesy sauce packed with sun-dried tomato, garlic and oregano. Sided with roasted baby carrots and beetroot, dinner truly doesn't get any better than this!


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

480g	Baby Carrots <i>rinsed & halved, keeping the stems intact</i>
600g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
600g	Free-range Chicken Mini Fillets
2	Garlic Cloves <i>peeled & grated</i>
30ml	Chicken Spice <i>(20ml Dried Thyme & 10ml Dried Chilli Flakes)</i>
15g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
40ml	Chicken Stock
200ml	Crème Fraîche
80g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
125ml	Grated Italian-style Hard Cheese
80g	Salad Leaves <i>rinsed</i>
120g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. ROASTED BABY CARROTS Preheat the oven to 200°C. Spread out the halved baby carrots and the beetroot chunks on a roasting tray. Coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up.

2. FRY THE CHICKEN Boil the kettle. When the carrots & beetroot have been roasting for 10-15 minutes, place a pan over a medium-high heat with a drizzle of oil. When hot, fry the chicken mini fillets for 1-2 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the pan and set aside to rest for 3 minutes.

3. THE SAUCE OF LOVE Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Add the chicken spice (to taste) and ½ the chopped oregano. Fry for 1-2 minutes until fragrant, shifting constantly. Remove from the heat and add the stock, 200ml of boiling water, and the crème fraîche. Mix until combined. Add the chopped sun-dried tomatoes, the grated cheese, and the cooked chicken. Mix until combined. Loosen with warm water in 10ml increments until the desired consistency. Season to taste.

4. CRUNCHY & CREAMY SALAD In a bowl, combine the rinsed salad leaves, the roasted beetroot, the crumbled feta, seasoning, and a drizzle of oil.

5. 'MARRY ME' CHICKEN Plate up the sun-dried tomato chicken and creamy sauce. Side with the crispy beetroot feta salad and the roasted carrots. Sprinkle over the remaining oregano. Dig in, Chef!



Chef's Tip

To make sure your vegetables do get crispy, spread it out with a little space between each piece and don't overcrowd the tray!

Nutritional Information

Per 100g

Energy	560kj
Energy	134kcal
Protein	9.6g
Carbs	6g
of which sugars	2.5g
Fibre	1.8g
Fat	7.6g
of which saturated	4g
Sodium	298mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 2
Days