



UCCOOK

Sun-dried Tomato Chicken

with fresh oregano & roasted baby carrots

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

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Strandveld | Pofadderbos Sauvignon Blanc

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Ingredients & Prep

120g	Baby Carrots <i>trimmed, rinsed & halved</i>
150g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
1	Free-range Chicken Breast
1	Garlic Clove <i>peeled & grated</i>
7,5ml	Chicken Spice <i>(5ml Dried Thyme & 2,5ml Dried Chilli Flakes)</i>
4g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
10ml	Chicken Stock
40ml	Crème Fraîche
20g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
30ml	Grated Italian-style Hard Cheese
20g	Salad Leaves <i>rinsed</i>
30g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. ROASTED VEGGIES 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 until golden, 25-30 minutes (shifting halfway).

2. CHICKEN FLATTY Pat the chicken breast dry with paper towel. Lay the breast on a chopping board and cover with cling wrap. Using an empty jar, or rolling pin, pound the breast until halved in thickness. Season and set aside.

3. GOLDEN & CRISPY Boil the kettle. When the roast has been in for 10-15 minutes, place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken until crispy and golden, 2-3 minutes. Flip, and fry on the other side until browned but not cooked through, 1-2 minutes. Remove from the pan and place in a small baking dish.

4. CHEESY SAUCE Return the pan to medium heat with a drizzle of oil. When hot, add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the chicken spice (to taste) and ½ the chopped oregano. Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat and add the stock, 100ml of boiling water, and the crème fraîche. Reduce the heat and simmer until slightly reduced, 4-5 minutes. Add the chopped sun-dried tomatoes and the grated cheese. Add the mixture to the baking dish with the chicken breast. Pop in the oven and bake until the chicken is cooked through, 7-8 minutes.

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

6. '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	522kJ
Energy	125kcal
Protein	9.5g
Carbs	6g
of which sugars	2.5g
Fibre	1.8g
Fat	6.7g
of which saturated	3.5g
Sodium	272mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days