



UCOOK

Peri-peri Chicken & Scalloped Potatoes

with sun-dried tomatoes

Want to see what the perfect potato dish looks like? Exactly like this recipe photo, Chef! Scalloped potatoes are swirled with silky, sweet onion and covered in a homemade cheese sauce and topped with more cheese, which is baked until golden perfection. Served with chicken pieces with a coating of Colleen's Peri-Peri Sauce & a colourful salad.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Adventurous Foodie

Cathedral Cellar Wines | Cathedral Cellar-Chardonnay

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Ingredients & Prep

1	Onion <i>peel & roughly slice</i>
5ml	Cake Flour
50ml	Low Fat UHT Milk
1	Garlic Clove <i>peel & grate</i>
30g	Cheddar Cheese <i>grate</i>
200g	Potato <i>rinse, peel (optional) & slice into rounds</i>
2	Free-range Chicken Pieces
10ml	NOMU One For All Rub
50ml	Colleen's Peri-peri Sauce
20g	Salad Leaves <i>rinse & roughly shred</i>
10ml	Lemon Juice
30g	Sun-dried Tomatoes <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter

1. SILKY, SWEET ONION Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and set aside.

2. READY THE ROUX Place a pot over medium heat with 10g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk and the grated garlic. Once the milk is incorporated, add ½ the grated cheese. Season and remove from the heat. Mix through the potato rounds and the caramelised onions. Add a splash of water or milk (optional) if the sauce is too thick.

3. SCALLOPED POTATOES Lightly grease an ovenproof dish and spread out the potato & caramelised onion mixture. Scatter over the remaining grated cheese. Roast in the hot oven until the potatoes are soft (when poked with a knife), 25-30 minutes. In the final 5 minutes, turn the heat up to grill to brown the cheese.

4. PERI-PERI CHICKEN Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Remove from the oven and baste with the peri-peri sauce (to taste).

5. FRESH SALAD To a bowl, combine the shredded leaves, the lemon juice (to taste), the sun-dried tomatoes, a drizzle of olive oil, and seasoning.

6. DIVINE DINNER Plate up the scalloped potatoes, and side with the peri-peri chicken, and the fresh salad.

Nutritional Information

Per 100g

Energy	503kj
Energy	120kcal
Protein	8.5g
Carbs	9g
of which sugars	2.7g
Fibre	1.4g
Fat	5.8g
of which saturated	2.1g
Sodium	91mg

Allergens

Cow's Milk, Gluten, Allium, Wheat,
Sulphites, Sugar Alcohol (Xylitol)

Eat
Within
3 Days