



UCOOK

Green Peppercorn Sauce & Chicken

with tangy, creamy polenta

On a bed of soft polenta, elevated with a rich combination of butter, Italian-style hard cheese & crème fraîche, comes slices of golden pan-fried chicken. A creamy crushed green peppercorn, tarragon & brandy sauce is poured over, then garnished with toasted pine nuts. Sided with a simple salad of greens, tomatoes & cheese ribbons to balance the dish's richness.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Sarah Hewitt

Adventurous Foodie

 Domaine Des Dieux | Chardonnay 2019

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Ingredients & Prep

5g	Pine Nuts
100ml	Polenta
40g	Italian-style Hard Cheese <i>grate ½ & peel ½ into ribbons</i>
75ml	Crème Fraîche
30ml	Lemon Juice
1	Free-range Chicken Breast
1	Onion <i>peel & roughly dice ¼</i>
2,5ml	Dried Tarragon
5g	Green Peppercorns <i>drain & crush</i>
10ml	Brandy
80g	Baby Tomatoes <i>rinse & cut in half</i>
20g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. TOAST THE NUTS Place the pine nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. POLENTA Bring a pot with 400ml of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the grated hard cheese, a ¼ of the crème fraîche, ½ the lemon juice (to taste), and seasoning. Loosen with a splash of warm water if necessary just before serving.

3. FRY THE CHICKEN While the polenta is on the go, place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes. Slice, season, and cover.

4. CREAMY SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until soft 2-3 minutes (shifting occasionally). Add the dried tarragon and the crushed peppercorns (to taste). Fry until fragrant. Add the brandy and simmer until almost evaporated. Deglaze with a splash of water and remove from the heat. Stir through the remaining crème fraîche and mix to combine. Loosen with water or milk in 10ml increments until saucy consistency and season.

5. SALAD To a salad bowl, add the halved tomatoes, the rinsed green leaves, the cheese ribbons, the remaining lemon juice (to taste), and a drizzle of olive oil. Season and toss to combine.

6. DINNER IS SERVED Make a bed of the creamy polenta, top with the chicken slices, drizzle over the creamy sauce, and sprinkle over the toasted nuts. Serve alongside the fresh salad. Well done, Chef!

Nutritional Information

Per 100g

Energy	696kJ
Energy	167kcal
Protein	9.6g
Carbs	13g
of which sugars	1.6g
Fibre	1.4g
Fat	8g
of which saturated	4.1g
Sodium	76mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Eat
Within
3 Days