



# UCOOK

## Quick Chicken Piccata

**with roasted sweet potato, green beans & Danish-style feta**

Tender chicken is pan-fried to golden perfection and drizzled with a fragrant piccata sauce made with garlic, capers, parsley, and a splash of white wine. Served alongside a golden sweet potato and charred green beans topped with crunchy almonds and crumbled feta, this dish is a true crowd-pleaser. Ready in no time, it's sure to become a regular in your meal rotation.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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Quick & Easy

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Creation Wines | Creation Sauvignon  
Blanc/Semillon

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## Ingredients & Prep

800g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
320g	Green Beans <i>rinse</i>
4	Free-range Chicken Breasts
4	Garlic Cloves <i>peel &amp; grate</i>
60g	Capers <i>drain &amp; roughly chop</i>
10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
30ml	NOMU Italian Rub
125ml	White Wine
2	Lemons <i>rinse &amp; cut into wedges</i>
60g	Almonds <i>roughly chop</i>
120g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. SWEET POTTS** Coat the sweet potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, add the rinsed green beans and fry until starting to char, 3-4 minutes (shifting occasionally). Remove from the pan, and season.

**2. GOLDEN CHICKY** Return the pan to medium a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. SECRET SAUCE** Return the pan to medium heat with 120g of butter. When melted, add the grated garlic, the drained capers, ½ the chopped parsley, and the NOMU rub. Fry until fragrant, about 1 minute (shifting constantly). Pour in the wine, the juice of 8 lemon wedges, and a splash of water. Simmer until slightly thickened, 2-3 minutes. Season (if necessary) and add a sweetener (to taste).

**4. DINNER IS SERVED!** Plate up the roasted sweet potato and the chicken. Pour over the piccata sauce. Side with the green beans sprinkled with the chopped almonds and the crumbled feta. Garnish with the remaining parsley. Serve with any remaining lemon wedges. Buon appetito, Chef!



## Chef's Tip

Oven method: Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	375kj
Energy	90kcal
Protein	6.9g
Carbs	9g
of which sugars	2.9g
Fibre	2.2g
Fat	2.8g
of which saturated	0.9g
Sodium	152mg

## Allergens

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

Eat  
Within  
3 Days