

UCCOOK

Boschendal's Spiced Chicken & Herb-whipped Crème

with charred baby marrow, leeks & honeyed nuts

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Boschendal Wines

Wine Pairing: Boschendal | 1685 Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	419kj	3468kj
Energy	100kcal	830kcal
Protein	7.2g	59.9g
Carbs	10g	80g
of which sugars	4.6g	38.1g
Fibre	2.2g	18.1g
Fat	4.9g	40.8g
of which saturated	1.6g	13.3g
Sodium	139mg	1151mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Low Fat Plain Yoghurt
50g	100g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Chives <i>rinse & finely chop</i>
1	1	Lemon <i>rinse, zest & cut ½ [1] into wedges</i>
30g	60g	Mixed Nuts <i>(10g [20g] Macadamia, 10g [20g] Hazelnuts & 10g [20g] Almonds)</i>
20ml	40ml	Honey
100g	200g	Leeks <i>trim at the base, quarter & rinse</i>
100g	200g	Baby Marrow <i>trim, rinse & cut into bite-sized pieces on the diagonal</i>
1	2	Free-range Chicken Breast/s
10ml	20ml	NOMU Poultry Rub
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Artichoke Quarters <i>drain & cut into bite-sized pieces</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)
Blender (optional)

1. HERBY-WHIPPED FETA In a small bowl, combine the yoghurt and feta. Mash with a fork until smooth. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Stir through ½ the chives, ½ the lemon zest (to taste), and seasoning.

2. SHOW ME THE HONEY! Roughly chop the mixed nuts. Place a pan, with a lid, over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the nuts until browned, 1-2 minutes. Remove from the heat and stir through the honey, a squeeze of lemon juice (to taste), the remaining lemon zest (to taste), and seasoning. Remove from the pan and set aside.

3. CLASSIC COMBO Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, fry the leeks and the baby marrow until starting to char, 5-6 minutes (shifting occasionally). Add a splash of water and cover with a lid. Simmer until the water has evaporated, 3-4 minutes. In the final minute, toss in a knob of butter (optional). Remove from the pan. Squeeze over a drizzle of lemon juice, season, and cover.

4. INTO THE FRYING PAN Return the pan to a medium heat with a drizzle of oil. Pat the chicken breast/s dry with paper towel. Fry the chicken on one side until golden, 4-5 minutes. Flip, cover with a lid, and fry until cooked through, 4-5 minutes. During the final minute, baste the chicken with a knob of butter (optional) and the NOMU rub. Remove from the heat and set aside to rest for 5 minutes before slicing and seasoning.

5. ALL ARTI-CHOKED UP In a salad bowl, combine the green leaves, artichoke, remaining chives, a squeeze of lemon juice, a drizzle of olive oil, and seasoning.

6. LOOK AT THAT! Smear the whipped feta on the plate. Top with the chicken slices. Side with the charred baby marrow and leeks and the dressed salad. Sprinkle over the honeyed nuts. Well done, Chef!