



UCOOK

Italian Chicken & Bell Pepper Relish

with rustic potato mash

You will relish this relishable relish recipe, Chef! Made with tomato, charred bell pepper, white wine & silky onion, this condiment perfectly complements the NOMU Italian Rub-spiced chicken. Sided with a rustic potato mash and finished with Italian-style cheese gratings.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Suné van Zyl

Fan Faves

Stettyn Wines | Stettyn Family Range Chenin Blanc 2023

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Ingredients & Prep

6	Free-range Chicken Pieces
30ml	NOMU Italian Rub
600g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
3	Bell Peppers <i>rinse, deseed & cut into strips</i>
2	Onions <i>peel & finely slice 1½</i>
150ml	White Wine
300g	Cooked Chopped Tomato
125ml	Crème Fraîche
75ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. CHICKEN & MASH Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. On a separate roasting tray, spread the potato chunks. Coat in oil and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place the roasted potato in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. CHARRED PEPPERS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper strips until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. WINE O'CLOCK Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 5-6 minutes (shifting occasionally). Add the wine and allow the alcohol to cook out, 2-3 minutes.

4. READY THE RELISH Add the cooked chopped tomato and 150ml of water to the onions. Simmer until reduced, 12-15 minutes. In the final minutes, add a sweetener (to taste) and remove from the heat. Add the crème fraîche, the charred peppers, and seasoning.

5. RUSTIC & RELISHABLE Plate up the rustic mash alongside the roasted chicken. Top with the creamy bell pepper relish and scatter over the cheese. Enjoy, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	421kj
Energy	101kcal
Protein	6.6g
Carbs	7g
of which sugars	2g
Fibre	1.3g
Fat	5.1g
of which saturated	2.1g
Sodium	66mg

Allergens

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

Eat
Within
3 Days