



UCOOK

Cheesy Chicken & Potato Bake

with salad leaves & toasted pumpkin seeds

The all-time favourite potato bake gets a delicious UCOOK upgrade by adding roasted onion wedges, homemade bechamel sauce, golden pieces of chicken fillet, and a crispy cheese crust. Sided with a pumpkin seed salad for freshness.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Jade Summers

Simple & Save

KWV - The Mentors | KWV The Mentors
Grenache Blanc 2021

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Ingredients & Prep

| | |
|-------|--|
| 200g | Baby Potatoes <i>rinse & halve</i> |
| 1 | Onion <i>peel & cut into wedges</i> |
| 5ml | Pumpkin Seeds |
| 10ml | Cake Flour |
| 100ml | Low Fat UHT Milk |
| 150g | Free-range Chicken Mini Fillets |
| 5ml | NOMU Cajun Rub |
| 25g | Cheddar Cheese |
| 20g | Salad Leaves <i>rinse & roughly shred</i> |
| 50g | Cucumber <i>rinse & cut into half-moons</i> |

From Your Kitchen

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

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the halved baby potatoes and the onion wedges in an oven-proof dish. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. TOASTED SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally).

3. BRILLIANT BECHAMEL Place a small 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. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

4. GOLDEN CHICKEN When the roast has 5 minutes to go, return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden, 1-2 minutes per side. In the final 30 seconds, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, season, and set aside.

5. MORE CHEESE, PLEASE When the roast is done, remove from the oven and mix in the fried chicken and the bechamel. Top with the cheese and return to the oven until the cheese is brown and crispy, 10-12 minutes.

6. NUTTY SALAD In a bowl, combine the salad leaves, the cucumber half moons, the toasted seeds, a drizzle of olive oil, and seasoning.

7. SO EASY, SO TASTY Dish up the cheesy chicken and potato bake, and side with the fresh salad.

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 369kJ |
| Energy | 88kcal |
| Protein | 7.3g |
| Carbs | 8g |
| of which sugars | 2.5g |
| Fibre | 1g |
| Fat | 2.4g |
| of which saturated | 1.1g |
| Sodium | 86mg |

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
3 Days