



UCCOOK

Peri-peri Chicken & Scalloped Potatoes

with sun-dried tomatoes

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info	Per 100g	Per Portion
Energy	682kJ	3802kJ
Energy	163kcal	909kcal
Protein	6.9g	38.5g
Carbs	14g	80g
of which sugars	2.5g	214.2g
Fibre	1.4g	7.8g
Fat	8.3g	46.4g
of which saturated	3.7g	20.8g
Sodium	48mg	265mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly slice</i>
5ml	10ml	Cake Flour
50ml	100ml	Low Fat UHT Milk
1	1	Garlic Clove <i>peel & grate</i>
30g	60g	Cheddar Cheese <i>grate</i>
200g	400g	Potato <i>rinse, peel (optional) & slice into rounds</i>
2	4	Free-range Chicken Pieces
10ml	20ml	NOMU One For All Rub
50ml	100ml	Colleen's Peri-peri Sauce
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10ml	20ml	Lemon Juice
30g	60g	Sun-dried Tomatoes <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter
Seasoning (salt & pepper)

1. SILKY, SWEET ONION Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and set aside.

2. READY THE ROUX Place a pot over medium heat with 10g [20g] 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 and the garlic. Once the milk is incorporated, add ½ the cheese. Season and remove from the heat. Mix through the potato and the caramelised onions. Add a splash of water or milk (optional) if the sauce is too thick.

3. SCALLOPED POTATOES Lightly grease an ovenproof dish and spread out the potato and caramelised onion mixture. Scatter over the remaining cheese. Roast in the hot oven until the potatoes are soft (when poked with a knife), 25-30 minutes. In the final 5 minutes, turn the heat up to grill to brown the cheese.

4. PERI-PERI CHICKEN Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Remove from the oven and baste with the peri-peri sauce (to taste).

5. FRESH SALAD To a bowl, combine the green leaves, the lemon juice (to taste), the sun-dried tomatoes, a drizzle of olive oil, and seasoning.

6. DIVINE DINNER Plate up the scalloped potatoes, and side with the peri-peri chicken, and the fresh salad.