



UCOOK

Waterford's Chicken & Cauli Purée

with a pecan burnt butter & braised leeks

Tender slices of chicken breast rests on top of velvety cauliflower purée. Accompanied by braised leeks, a simple dressed salad, and a pecan nut butter sauce for an extra sumptuous experience.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Waterford Estate

 Carb Conscious

 Waterford Estate | Waterford Sauvignon Blanc

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Ingredients & Prep

100g	Leeks <i>trimmed at the base & halved lengthways</i>
1	Garlic Clove <i>peeled & grated</i>
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
40ml	Fresh Cream
1	Free-range Chicken Breast
5ml	NOMU Oriental Rub
20g	Pecan Nuts <i>roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>roughly diced</i>
10ml	Lemon Juice

From Your Kitchen

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

1. CREAMY CAULI Rinse the leeks well and roughly chop ½ of the leeks. Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the grated garlic, the chopped leeks, and the cauli pieces until starting to brown, 5-6 minutes (shifting occasionally). Add the cream, cover with a lid, and simmer until soft. Remove from the pan and season.

2. BLEND IT When the leek & cauliflower mixture is done, place it in a blender and pulse until a smooth consistency. Cover.

3. GOLDEN LEEKS Return the pan to medium-high heat with a drizzle of oil and a splash of water. When hot, add in the remaining rinsed leek halves, cover with a lid and cook until tender, 2-3 minutes. Remove the lid from the pan and turn the heat to high. Fry off the leeks until the water has evaporated and the leeks start to brown, 3-5 minutes (shifting occasionally).

4. JUICY CHICKY Place a clean pan (that has a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. NUTTY BUTTER Return the pan to medium-high heat with a drizzle of oil and 30g of butter. Once foaming, add the chopped nuts and fry for 1-2 minutes. Remove from the heat and set aside the nut-infused butter for serving.

6. SIMPLE SALAD Place the rinsed green leaves in a bowl along with the diced cucumber. Toss together with a drizzle of olive oil, the lemon juice and seasoning. Reheat the cauli pureé if necessary.

7. ART ON A PLATE! Smear the cauli purée on one side of the plate and lay over the tender chicken slices. Drizzle over the nut butter. Side with the braised leeks and fresh dressed leaves. Dig in, Chef!

Nutritional Information

Per 100g

Energy	428kJ
Energy	102kcal
Protein	7.5g
Carbs	5g
of which sugars	2g
Fibre	1.6g
Fat	5.8g
of which saturated	2g
Sodium	56mg

Allergens

Dairy, Allium, Sesame

Cook
within 3
Days