



UCCOOK

Chutney Chicken & Sweet Potato

with a simple sun-dried tomato salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	542kJ	4219kJ
Energy	130kcal	1009kcal
Protein	8g	61.9g
Carbs	12g	90g
of which sugars	7.3g	56.6g
Fibre	1.5g	11.4g
Fat	5.8g	45.5g
of which saturated	1.8g	13.8g
Sodium	113mg	883mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
250g	500g	Sweet Potato <i>rinse & cut into wedges</i>
10g	20g	Almonds <i>roughly chop</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
45ml	80ml	Mrs Ball's Chutney
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROAST WITH THE MOST Preheat the oven to 200°C. Pat the chicken dry with paper towel. Spread the chicken pieces and the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHUTNEY ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add the chutney and 50ml [100ml] of water. Simmer until slightly reduced, 4-5 minutes. Remove from the heat.

4. ALMOST DONE Once crispy, add the chicken to the onion and chutney sauce. Return to medium heat, mix to combine, and reduce until sticky, 2-3 minutes. Remove from the heat. To a salad bowl, add the green leaves, the sun-dried tomatoes, the feta, a drizzle of olive oil, and seasoning.

5. SET THE TABLE Plate up the crispy wedges and the sticky chutney chicken with all the pan juices. Side with the fresh salad and garnish with the toasted nuts. Well done, Chef!