



UCCOOK

Creamy Garlic Chicken & Glazed Carrots

with fresh thyme & green leaves

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	335kJ	1863kJ
Energy	80kcal	446kcal
Protein	7.5g	41.9g
Carbs	10g	55g
of which sugars	6.7g	37.2g
Fibre	1.3g	7.1g
Fat	1.3g	7.3g
of which saturated	0.5g	2.8g
Sodium	263mg	1331mg

Allergens: Cow's Milk, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>
60ml	80ml	Glazing Syrup <i>(30ml [40ml] Honey & 30ml [40ml] Maple-flavoured Syrup)</i>
3	4	Free-range Chicken Breasts
300ml	400ml	Low Fat UHT Milk
15ml	20ml	Cornflour
3	4	Garlic Cloves <i>peel & grate</i>
8g	10g	Fresh Thyme <i>rinse</i>
60g	80g	Green Leaves <i>rinse</i>
30ml	40ml	Lemon Juice

From Your Kitchen

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

1. SWEET CARROT Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In the final 2-3 minutes, pour the glazing syrup, mix to combine, and roast for the remaining time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. GOLDEN CHICKEN Place a pan 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, 3-4 minutes. Flip and fry until golden but not cooked through, 2-3 minutes. Remove from the pan.

3. CREAMY CHICKEN Combine the milk and the cornflour. Return the pan to medium heat with 30g [40g] of butter. Fry the garlic and the thyme sprigs until fragrant, 30-60 seconds. Mix in the milk and add the chicken. Simmer until the chicken is cooked through, 5-6 minutes. Remove from the heat, discard the thyme sprigs, and season. Slice the chicken just before serving.

4. SOME FRESHNESS In a bowl, combine the green leaves, the roasted carrots, and the lemon juice.

5. DINNER IS READY Dish up the warm carrot salad and side with the creamy garlic chicken. Well done, Chef!

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.