



UCOOK

Zingy Chicken Limone

with caprese-style salad, capers & cheesy potato wedges

A delectable lemon-garlic butter sauce enrobes tender chicken fillets while cheese-laden potato wedges sit alongside. A crunch of salad is just what you need to freshen up this comforting dish. Drizzles of pesto add a herby flourish – and there you go!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser

 Easy Peasy

 Haute Cabrière | Chardonnay Pinot Noir

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Ingredients & Prep

600g	Potato <i>cut into wedges</i>
45g	Whole Italian-style Hard Cheese <i>½ grated & ½ peeled into ribbons</i>
30g	Sunflower Seeds
3	Free-range Chicken Breasts
3	Lemons <i>zested & cut into wedges</i>
3	Salad Tomato <i>rinsed & cut into quarters</i>
60g	Green Leaves <i>rinsed</i>
30ml	Willow Creek Cabernet Sauvignon Vinegar
3	Garlic Cloves <i>peeled & grated</i>
85ml	De-alcoholised White Wine
45ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. GOLDEN WEDGES Preheat the oven to 200°C. Spread out the potato wedges on a roasting tray, coat in oil, and season. To make sure they do get crispy, don't overcrowd the tray – use two trays instead! Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway. Just before serving toss through ½ the grated Italian-style cheese.

2. TOASTY SEEDS Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. ZESTY CHICKEN Pat the chicken dry with paper towel and place flat-side down on a cutting board. Place the palm of your non-cutting hand on top of the breast. Using a sharp knife, cut through it horizontally to make two thin breast pieces. Repeat with the other breasts. Lay the pieces side-by-side and cover with cling wrap. Using a mallet, empty jar, or rolling pin, tenderise them by gently pounding until halved in thickness. Place the chicken breast into a shallow dish and squeeze juice of 3 lemon wedges over to marinade the chicken and set aside for 10-15 minutes. This will improve the flavour and ensure the chicken is nice and tender.

4. SALAD In a bowl toss together the tomato wedges, rinsed green leaves, Italian-style cheese ribbons and vinegar (to taste), season and set aside.

5. CHICKY Return the pan used for the sunflower seeds to a medium heat and fry the marinated chicken for 5-6 minutes per side until golden and cooked through. Remove from the pan on completion.

6. LIMONE SAUCE Heat oil and a knob of butter in the pan over medium heat. When the butter starts to foam, add grated garlic, cook for 30-60 seconds until fragrant, then add juice from the remaining lemon wedges and lemon zest. Add the wine, reduce by half and simmer for 4-6 minutes or until slightly thickened. Add the cooked chicken breasts and coat evenly. Season to taste and set aside.

7. WHOLESOME FEASTING Plate up the roasted cheesy wedges alongside the chicken limone serve with the salad on the side and drizzle over the pesto. Bellissimo Chef!

Nutritional Information

Per 100g

Energy	488kJ
Energy	117Kcal
Protein	8.8g
Carbs	9g
of which sugars	1.1g
Fibre	1.9g
Fat	4.8g
of which saturated	1g
Sodium	43mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within 3
Days