



UCCOOK

Chutney Chicken & Sweet Potato

with a simple sun-dried tomato salad

This uniquely South African chicken dish makes the iconic flavours of Mrs Ball's Chutney shine. Crispy sweet potato wedges and a simple sun-dried tomato salad balance the tastes of sticky chutney and caramelised onion chicken. Finished with toasted almonds.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Fan Faves

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

2	Free-range Chicken Pieces
250g	Sweet Potato <i>rinse & cut into wedges</i>
10g	Almonds <i>roughly chop</i>
1	Onion <i>peel & roughly slice ½</i>
50ml	Mrs Ball's Chutney
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Sun-dried Tomatoes <i>drain</i>

From Your Kitchen

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

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 wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 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). When hot, fry the sliced onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add the chutney and 50ml of water. Simmer until slightly reduced, 4-5 minutes. Remove from the heat.

4. ALMOST DONE Once crispy, add the chicken to the onion & 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 rinsed green leaves, the sun-dried tomatoes, 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!



Chef's Tip

Air fryer method: Coat the chicken pieces in oil and season. Air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	526kj
Energy	126kcal
Protein	7.5g
Carbs	12g
of which sugars	7.9g
Fibre	1.5g
Fat	4.9g
of which saturated	1.1g
Sodium	79mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
3 Days