



# UCCOOK

## Peri-peri Chicken & Scalloped Potatoes

with sun-dried tomatoes

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Ntirída | Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 480kJ    | 3809kJ      |
| Energy             | 115kcal  | 911kcal     |
| Protein            | 8.5g     | 67.2g       |
| Carbs              | 9g       | 69g         |
| of which sugars    | 2.7g     | 21.4g       |
| Fibre              | 1.3g     | 10.6g       |
| Fat                | 5.8g     | 46.4g       |
| of which saturated | 2.1g     | 16.6g       |
| Sodium             | 80mg     | 633mg       |

**Allergens:** Sulphites, Gluten, Sugar Alcohol (Sweetener), Wheat, Cow's Milk, Allium

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                 |
|----------|------------|-----------------------------------------------------------------|
| 1        | 1          | Onion<br><i>peel &amp; roughly slice</i>                        |
| 5ml      | 10ml       | Cake Flour                                                      |
| 50ml     | 100ml      | Low Fat UHT Milk                                                |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                         |
| 30g      | 60g        | Cheddar Cheese<br><i>grate</i>                                  |
| 200g     | 400g       | Potato<br><i>rinse, peel (optional) &amp; slice into rounds</i> |
| 2        | 4          | Free-range Chicken Pieces                                       |
| 10ml     | 20ml       | NOMU One For All Rub                                            |
| 50ml     | 100ml      | Colleen's Peri-peri Sauce                                       |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                |
| 10ml     | 20ml       | Lemon Juice                                                     |
| 30g      | 60g        | Sun-dried Tomatoes<br><i>drain &amp; roughly chop</i>           |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Sugar/Sweetener/Honey  
Milk (optional)  
Paper Towel  
Butter

**1. SILKY, SWEET ONION** Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and set aside.

**2. READY THE ROUX** Place a pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk and the garlic. Once the milk is incorporated, add ½ the cheese. Season and remove from the heat. Mix through the potato and the caramelised onions. Add a splash of water or milk (optional) if the sauce is too thick.

**3. SCALLOPED POTATOES** Lightly grease an ovenproof dish and spread out the potato and caramelised onion mixture. Scatter over the remaining cheese. Roast in the hot oven until the potatoes are soft (when poked with a knife), 25-30 minutes. In the final 5 minutes, turn the heat up to grill to brown the cheese.

**4. PERI-PERI CHICKEN** Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Remove from the oven and baste with the peri-peri sauce (to taste).

**5. FRESH SALAD** To a bowl, combine the green leaves, the lemon juice (to taste), the sun-dried tomatoes, a drizzle of olive oil, and seasoning.

**6. DIVINE DINNER** Plate up the scalloped potatoes, and side with the peri-peri chicken, and the fresh salad.