



UCCOOK

Italian Chicken & Bell Pepper Relish

with rustic potato mash

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	398kJ	4120kJ
Energy	95kcal	986kcal
Protein	6.2g	64.5g
Carbs	7g	73g
of which sugars	2.2g	22.8g
Fibre	1.4g	14.6g
Fat	4.5g	46.8g
of which saturated	1.8g	18.2g
Sodium	79mg	816mg

Allergens: Cow's Milk, Egg, Allium, Sulphites, Alcohol

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
10ml	20ml	NOMU Italian Rub
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
1	2	Bell Pepper/s <i>rinse, deseed & cut into strips</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
50ml	100ml	White Wine
100g	200g	Cooked Chopped Tomato
40ml	80ml	Crème Fraîche
25ml	50ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. CHICKEN & MASH Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. On a separate roasting tray, spread the potato chunks. Coat in oil and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place the roasted potato in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. CHARRED PEPPERS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. WINE O'CLOCK Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally). Add the wine and allow the alcohol to cook out, 2-3 minutes.

4. READY THE RELISH Add the cooked chopped tomatoes, and 50ml [100ml] of water to the onions. Simmer until reduced, 10-12 minutes. In the final minutes, add a sweetener (to taste) and remove from the heat. Add the crème fraîche, the peppers and seasoning.

5. RUSTIC & RELISHABLE Plate up the rustic mash alongside the roasted chicken. Top with the creamy bell pepper relish and scatter over the cheese. Enjoy, Chef!

Chef's Tip Air fryer method: Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).