

UCOOK

Crumbed Chicken & Thyme Charred Grapes

with a UCOOK honey mustard dressing

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Grootse Post Winery | Grootse Post Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	456kJ	2352kJ
Energy	109kcal	562kcal
Protein	6.4g	33.1g
Carbs	15g	77g
of which sugars	2.3g	11.8g
Fibre	1g	5.2g
Fat	4.6g	23.6g
of which saturated	0.6g	3.1g
Sodium	162mg	837mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato Chunks
3	4	Crumbed Chicken Breasts
240g	320g	Grapes <i>rinse & pat dry</i>
8g	10g	Fresh Thyme <i>rinse</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
2 units	2 units	UCOOK Honey Mustard Dressing

From Your Kitchen

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

1. ROAST POTATO & CHICKEN Coat the potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place a pan over medium heat with a drizzle of oil. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving. Alternatively, air fry at 200°C until crispy and warmed through, 3-5 minutes.

2. CHARRED GRAPES Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Fry the grapes and the thyme sprigs until charred, 4-5 minutes (shifting as they colour). Remove from the pan, discard the thyme sprigs, and season.

3. JUST BEFORE SERVING In a salad bowl, combine the salad leaves, charred grapes, and potatoes.

4. DINNER IS READY Bowl up the loaded salad, top with the sliced chicken, and drizzle over the UCOOK salad dressing (to taste). Well done, Chef!