



# UCCOOK

## Crumbed Chicken & Red Pepper Dressing

with baby potatoes

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Jenna Peoples

**Wine Pairing:** Muratie Wine Estate | Muratie Isabella Chardonnay

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 615kj    | 3520kj      |
| Energy             | 147kcal  | 842kcal     |
| Protein            | 7.2g     | 41.1g       |
| Carbs              | 13g      | 76g         |
| of which sugars    | 2.2g     | 12.5g       |
| Fibre              | 1g       | 5.7g        |
| Fat                | 6.8g     | 38.8g       |
| of which saturated | 1.6g     | 9.3g        |
| Sodium             | 219mg    | 1252mg      |

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                       |
|----------|------------|-------------------------------------------------------------------------------------------------------|
| 250g     | 500g       | Baby Potatoes<br><i>rinse &amp; halve</i>                                                             |
| 20g      | 40g        | Salad Leaves<br><i>rinse, pick &amp; roughly chop</i>                                                 |
| 30g      | 60g        | Danish-style Feta<br><i>drain</i>                                                                     |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; cut into thin rounds</i>                                                   |
| 10ml     | 20ml       | Lemon Juice                                                                                           |
| 1        | 2          | Crumbed Chicken Breast/s                                                                              |
| 60ml     | 120ml      | Creamy Red Pesto<br><i>(40ml [80ml] Vegan Mayo &amp; 20ml [40ml] Pesto Princess Red Pepper Pesto)</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

**1. BEGIN WITH BABY POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 12-15 minutes. Drain, season, and cover. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. ZESTY SALAD** In a bowl, combine the salad leaves, the feta, the cucumber, the lemon juice (to taste) and a drizzle of olive oil. Season and set aside.

**3. CRUMBED CHICKEN** Place a pan over medium heat with enough oil to cover the base. 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.

**4. GREAT PLATE, CHEF!** Plate up the soft potatoes. Side with the salad and the sliced chicken. Drizzle the creamy red pesto over the chicken. Dinner is ready!