

QCOOK

Red Pesto Polenta & Creamy Chicken

with a Cajun sauce, corn & pine nut salsa

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	707kJ	4789kJ
Energy	169kcal	1145kcal
Protein	8.4g	57g
Carbs	15g	104g
of which sugars	2.8g	18.9g
Fibre	2.3g	15.4g
Fat	8.5g	57.8g
of which saturated	3.8g	25.7g
Sodium	244mg	1655mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Pine Nuts
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
1	1	Garlic Clove <i>peel & grate</i>
1	1	Lemon <i>zest & cut into wedges</i>
1	2	Free-range Chicken Breast/s
50g	100g	Corn
20g	40g	Piquanté Peppers <i>drain</i>
100ml	200ml	Fresh Cream
20ml	40ml	Cajun Stock <i>(10ml [20ml] NOMU Rub, 5ml [10ml] Paprika & 5ml [10ml] Chicken Stock)</i>
75ml	150ml	Polenta
20ml	40ml	Grated Italian-style Hard Cheese
40ml	80ml	Pesto Princess Red Pepper Pesto

From Your Kitchen

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

1. TOAST & SALSA Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and roughly chop. Add to a bowl with ½ of the parsley, ½ of the garlic (to taste), lemon zest and a squeeze of the lemon juice (to taste), a generous drizzle of olive oil, and seasoning. Mix to combine and set aside in the fridge.

2. LET'S COOK SOME CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Using a sharp knife, slice into one side of the breast, starting at the thicker side and ending at the thinner point. Open the breast so that it resembles a butterfly and season. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side and remove from pan.

3. SENSATIONAL SAUCE Return the pan to a medium heat with a drizzle of oil or knob of butter if necessary. Fry the sweet peppers and the corn until golden, 3-4 minutes (shifting occasionally). Add the remaining garlic and fry until fragrant, 20-30 seconds. Add the cream and the Cajun stock, and simmer until slightly thickened, 2-3 minutes (stirring occasionally). In the final minute, add the chicken, a squeeze of lemon juice (to taste), remaining parsley, a sweetener, and seasoning. Cover and set aside.

4. PERFECT POLENTA Bring a pot with 350ml [700ml] of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, cheese, pesto, and seasoning. Loosen with a splash of warm water if it's too thick.

5. WINNER DINNER, CHEF! Plate up a generous helping of the red pesto polenta. Top with the chicken and creamy Cajun sauce. Scatter over the salsa and garnish with any remaining lemon zest (to taste), and lemon wedges. Enjoy, Chef!