

UCCOOK

Deetlefs Chicken & Charred Veg

with a pear & balsamic salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Deetlefs Winery

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info

	Per 100g	Per Portion
Energy	406kJ	2702kJ
Energy	97kcal	646kcal
Protein	7.1g	47.4g
Carbs	12g	78g
of which sugars	6.2g	41g
Fibre	2g	13.1g
Fat	2.6g	17.5g
of which saturated	0.8g	5.7g
Sodium	158mg	1052mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Baby Potatoes <i>rinse & cut in half</i>
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
100g	200g	Baby Marrow Rounds
15ml	30ml	NOMU Roast Rub
20ml	40ml	Lemon Juice
1	2	Free-range Chicken Breast/s
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Danish-style Feta <i>drain & cut in half</i>
1	1	Pear <i>rinse & cut into thin wedges</i>
10g	20g	Walnuts <i>roughly chop</i>
15ml	30ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

1. BUTTERY PARSLEY POTATOES Place the potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain the potatoes and add a knob of butter, the parsley and some seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Set aside.

2. ZESTY MARROWS Place a pan over medium heat with a drizzle of oil. When hot, fry the baby marrow until charred, 3-4 minutes. In the final 1-2 minutes, add ½ the NOMU rub. Remove from the pan, add the lemon juice (to taste) and season.

3. OM NOM NOMU CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken skin-side down until crispy, 3-4 minutes. Flip, cover with the lid, and fry until cooked through, 3-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. TIME TO INDULGE Make a bed of the green leaves, topped with the baby marrow, the pear, the walnuts and the feta. Drizzle over the balsamic reduction (to taste). Side with the parsley potatoes and the chicken, and drizzle any remaining pan juices over your chicken. Yum, Chef, dinner is ready!

Chef's Tip If you'd like to char your pears, place them in a hot griddle pan with a drizzle of oil. Char for 1-2 minutes until soft and caramelised.