



# UCCOOK

## Sophie Germanier's White Wine Chicken

with creamy polenta

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Sophie Germanier

**Wine Pairing:** Sophie Germanier Organic | Chardonnay Organic

Nutritional Info	Per 100g	Per Portion
Energy	550kj	4733kj
Energy	132kcal	1132kcal
Protein	6.3g	54g
Carbs	14g	122g
of which sugars	2.5g	21.4g
Fibre	1.8g	15.6g
Fat	5.4g	46.2g
of which saturated	2.8g	23.7g
Sodium	85mg	727mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

---

Serves 3	[Serves 4]	
750g	1kg	Roast Veg Mix
30ml	40ml	NOMU Italian Rub
225ml	300ml	Polenta
450g	600g	Free-range Chicken Mini Fillets
150ml	200ml	White Wine
2	2	Garlic Cloves <i>peel &amp; grate</i>
15ml	20ml	Dried Oregano
1	1	Lemon <i>rinse, zest &amp; cut into wedges</i>
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>
300ml	400ml	Fresh Cream
45ml	60ml	Grated Italian-style Hard Cheese

## From Your Kitchen

---

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

1. **NOMU-SPICED VEG** Preheat the oven to 200°C. Spread the veg mix on a roasting tray. Coat in oil and NOMU rub, and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. **PERFECT POLENTA** Bring a pot with 1L [1.4L] 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, 8-10 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter and some seasoning. Loosen with a splash of warm water if necessary.

3. **FRY THE FILLETS** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

4. **AMAZING AROMAS** Return the pan to medium heat with a knob of butter. Add the garlic and the oregano. Fry until fragrant 1-2 minutes. Deglaze the pan with the wine, stirring constantly. Add some lemon zest (to taste) - careful, it's really strong - and the juice of 3 [4] lemon wedges and gently simmer for 30-60 seconds. Add back the chicken, along with the sun-dried tomatoes, the cream and the cheese and let it simmer until reduced, 4-5 minutes.

5. **A GREAT PLATE** Plate up the polenta, topped with the roasted veg. Finish with the creamy chicken on top. There you go, Chef, dinner is ready!