

UCCOOK

Sun-dried Tomato Chicken

with Danish-style feta & a mustard-mayo dressing

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info

	Per 100g	Per Portion
Energy	686kJ	2860kJ
Energy	164kcal	684kcal
Protein	10.9g	45.6g
Carbs	12g	49.9g
of which sugars	3.9g	16.3g
Fibre	1.9g	7.9g
Fat	9.2g	38.3g
of which saturated	1.7g	7.1g
Sodium	250mg	1043mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
22,5ml	30ml	NOMU One For All Rub
450g	600g	Free-range Chicken Mini Fillets
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
150ml	200ml	Mustard Mayo <i>(30ml [40ml] Dijon Mustard & 120ml [160ml] Mayo)</i>
60g	80g	Salad Leaves <i>rinse</i>
60g	80g	Danish-style Feta <i>drain</i>
90g	120g	Croutons

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel

- 1. NOMU-SPICED CARROT** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil, the NOMU rub and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).
- 2. SUN-DRIED TOMATO CHICKEN** 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. You may need to do this step in batches. Return all the chicken to the pan and toss through the sun-dried tomatoes until heated through, 1-2 minutes. Remove from the pan, season, and set aside.
- 3. MMMUSTARD MAYO** In a small bowl, loosen the mustard mayo with water in 5ml increments until a drizzling consistency. Season and set aside.
- 4. CRUNCHY, CREAMY SALAD** Place the salad leaves into a salad bowl and toss through the feta, the croutons, a drizzle of olive oil and season.
- 5. A DINNER DELIGHT** Serve up the dressed salad and top with the roasted carrot and the cooked chicken. Drizzle generously with the mayo dressing.