



UCOOK

Chicken Piccata & Pesto Polenta

with asparagus & fresh lemon

Ready to make the perfect chicken piccata? How about creamy lemon & basil-infused polenta? For dinner tonight, you'll make both, Chef! A bed of buttery, cheesy pesto polenta is crowned with golden-coated chicken breasts, all smothered in an indulgent piccata sauce - think white wine, lemon, garlic & capers. Topped with spears of asparagus & lemon wedges.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Rhea Hsu

🏠 Adventurous Foodie

🍷 Waterford Estate | Waterford Elgin Sauvignon Blanc 2021

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

3	Free-range Chicken Breasts
90ml	Cake Flour
90ml	Grated Italian-style Hard Cheese
300g	Asparagus <i>rinsed & trimmed at the base</i>
2	Garlic Cloves <i>peeled & grated</i>
45g	Capers <i>drained</i>
15ml	NOMU Italian Rub
90ml	White Wine
2	Lemons <i>1½ zested & cut into wedges</i>
225ml	Polenta
90ml	Pesto Princess Basil & Lemon Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Sugar/Sweetener/Honey
Paper Towel
Butter
Milk (optional)

1. A PAT ON THE BACK Pat the chicken dry with paper towel. Lay the breasts side-by-side and cover with cling wrap. Using a mallet, empty jar, or rolling pin, flatten and tenderise by gently pounding until halved in thickness. In a shallow dish, combine the flour, ½ the grated cheese, and seasoning. Coat the flattened chicken breasts in the flour mix. Press the flour into the chicken to coat evenly.

2. FRY THE FLOURED CHICKEN Boil the kettle. Place a large pan over medium-high heat with enough oil to cover the base. When hot, add the floured chicken and fry for 2-3 minutes per side or until golden and cooked through. Drain on paper towel. Drain the excess oil from the pan.

3. CLASSIC ITALIAN FLAVOURS Return the pan to medium heat with 90g of butter. When melted, add the trimmed asparagus and cook for 4-5 minutes until tender, flipping halfway. Add the grated garlic, the drained capers, and the rub. Fry for 1 minute until fragrant, shifting constantly. Pour in the wine, the juice of 6 lemon wedges, and a splash of water. Return the chicken to the pan and simmer for 2-3 minutes until the chicken is warmed through and the sauce has slightly thickened. Season (if necessary) and add a sweetener of choice (to taste). Cover to keep warm.

4. PICATTA & POLENTA HEAVEN While the picatta is cooking, place a pot over high heat. Pour in 1,2L of boiling water and add 1½ teaspoons of salt. Once boiling, slowly whisk in the polenta, stirring constantly until there are no lumps. Reduce to a low heat and cook for 8-10 minutes, whisking often, until the polenta is soft and the texture is thick and creamy. Turn off the heat, add a knob of butter, the remaining grated cheese and ⅔ of the pesto. Stir until melted and smooth. Add an extra splash of water or milk if necessary. Season to taste.

5. A MEAL YOU'LL REMEMBER Plate up a generous helping of the creamy pesto polenta. Top with the chicken & asparagus, and drizzle over the piccata sauce. Dollop over the remaining pesto, garnish with the lemon zest (to taste), and serve with any remaining lemon wedges. Enjoy, Chef!



Chef's Tip

When the polenta is too thick to whisk, use a wooden spoon to stir while it continues to cook.

Nutritional Information

Per 100g

Energy	676kJ
Energy	162kcal
Protein	11.6g
Carbs	15g
of which sugars	0.4g
Fibre	1.7g
Fat	5.3g
of which saturated	1.2g
Sodium	220mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Cook
within 3
Days