



UCOOK

Creamy Sun-dried Tomato Chicken

with baby potatoes & fresh basil

Savour the sweet & tangy flavours of sun-dried tomatoes in this deliciously creamy chicken dish. With a side of crispy-skinned baby potatoes that have been roasted in the oven and a fresh green salad dotted with plump peas, you can look forward to an easy cook in the kitchen and a lovely meal at the dinner table.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Morgan Otten

Simple & Save

 Strandveld | Shiraz 2021

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Ingredients & Prep

200g	Baby Potatoes <i>rinse & halve</i>
150g	Free-range Chicken Mini Fillets
1	Garlic Clove <i>peel & grate</i>
20g	Sun-dried Tomatoes <i>drain & roughly chop</i>
1	Fresh Cream
40g	Peas
20g	Green Leaves <i>rinse & roughly shred</i>
3g	Fresh Basil <i>rinse & roughly chop</i>

From Your Kitchen

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

1. READY. STEADY. COOK! Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. WINNER CHICKEN DINNER 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.

3. GRATE, CHOP & SIMMER Return the pan to medium-high heat with a drizzle of oil. When hot, sauté the grated garlic until fragrant, 1-2 minutes (shifting constantly). Add the chopped sun-dried tomatoes and fry, 1-2 minutes (shifting occasionally). Lower the heat, stir in 65ml of warm water, and simmer until slightly reduced, 4-5 minutes (stirring occasionally). Stir through the cream and reduce until thickened, 5-6 minutes. Add the browned chicken and simmer until cooked through, 7-8 minutes. Loosen with a splash of warm water if it's too thick.

4. PLUMP UP THE PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. In a bowl, combine the rinsed green leaves, the plumped peas, a drizzle of olive oil, and seasoning.

5. TIME TO DINE! Dish up the sun-dried tomato chicken with all the sauce. Side with the green salad and the roasted baby potatoes. Sprinkle over the chopped basil. Yum!

Nutritional Information

Per 100g

Energy	519kJ
Energy	124kcal
Protein	8.9g
Carbs	10g
of which sugars	2.6g
Fibre	1.4g
Fat	5.3g
of which saturated	2.7g
Sodium	46mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
2 Days