



# UCCOOK

## Cheesy Panko-crumbed Chicken

with fresh green leaves & a rustic mash

One of my grandma's favourite recipes, it's a part of my childhood! Crispy chicken and leeks are doused in a silky smooth cheese sauce and sided with perfect mashed potatoes and fresh green leaves. Why do grandmas always have the best recipes?

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Fan Faves

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 Paserene | Bright Chardonnay

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## Ingredients & Prep

100g	Leeks <i>trimmed at the base &amp; halved lengthways</i>
1	Free-range Chicken Breast
250g	Potato Chunks <i>cut into bite-sized chunks</i>
50ml	Panko Breadcrumbs
10ml	Cake Flour
60ml	Fresh Milk
50g	Grated Mozzarella & Cheddar Cheese Mix
20g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed &amp; finely sliced into rounds</i>
1	Lemon <i>½ cut into wedges</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. LET'S GET GOING!** Preheat the oven to 200°C. Rinse the halved leeks thoroughly and cut into 2-3cm chunks. Pat the chicken dry with paper towel. Place the chicken breast and the leek chunks on a roasting tray. Coat in oil, and season. Roast in the hot oven for 10-15 minutes or until cooked through and becoming crispy.

**2. BUBBLING AWAY** Place a pot of cold salted water over a high heat. Add the potatoes and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water and a knob of butter. Season to taste.

**3. I SEE A LEEK** When the chicken and leeks have 5 minutes remaining, remove the tray from the oven. Sprinkle over the breadcrumbs. Return to the oven and roast for the remaining time until the crumbs have browned.

**4. CHEESE HEAVEN** Place a small pot over a medium heat with 10g of butter. Once melted, vigorously mix in the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese and stir until melted. Season to taste and remove from the heat. Toss the green leaves and the sliced radish with a drizzle of olive oil, a squeeze of lemon juice and some seasoning.

**5. DIVINE, CHEF!** Plate up a heaping helping of the crispy chicken and leeks. Pour over the luxurious cheese sauce. Sprinkle over the chopped parsley and side with the dressed salad and the rustic mash. Squeeze over some lemon juice and side with any remaining wedges. Comfort food at its finest!



## Chef's Tip

If you have an air fryer, why not use it to cook the chicken & leeks? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 10-12 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

Energy	473kj
Energy	113kcal
Protein	6.9g
Carbs	15g
of which sugars	2g
Fibre	1.6g
Fat	3g
of which saturated	0.9g
Sodium	86mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within 3  
Days