



# UCCOOK

## Zingy Chicken Limone

with caprese-style salad, capers & cheesy potato wedges

A delectable lemon-garlic butter sauce enrobes tender chicken fillets while cheese-laden potato wedges sit alongside. A crunch of salad is just what you need to freshen up this comforting dish. Drizzles of pesto add a herby flourish – and there you go!

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Ella Nasser

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 Easy Peasy

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 Haute Cabrière | Chardonnay Pinot Noir

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## Ingredients & Prep

200g	Potato <i>cut into wedges</i>
15g	Whole Italian-style Hard Cheese <i>½ grated &amp; ½ peeled into ribbons</i>
10g	Sunflower Seeds
1	Free-range Chicken Breast
1	Lemon <i>zested &amp; cut into wedges</i>
1	Salad Tomato <i>rinsed &amp; cut into quarters</i>
20g	Green Leaves <i>rinsed</i>
10ml	Willow Creek Cabernet Sauvignon Vinegar
1	Garlic Clove <i>peeled &amp; grated</i>
30ml	De-alcoholised White Wine
15ml	Pesto Princess Basil Pesto

## From Your Kitchen

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

**1. GOLDEN WEDGES** Preheat the oven to 200°C. Spread out the potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. Just before serving toss through ½ the grated Italian-style cheese.

**2. TOASTY SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**3. ZESTY CHICKEN** Pat the chicken dry with paper towel and place flat-side down on a cutting board. Place the palm of your non-cutting hand on top of the breast. Using a sharp knife, cut through it horizontally to make two thin breast pieces. Lay the pieces side-by-side and cover with cling wrap. Using a mallet, empty jar, or rolling pin, tenderise them by gently pounding until halved in thickness. Place the chicken breast into a shallow dish and squeeze juice of 1 lemon wedge over to marinade the chicken and set aside for 10-15 minutes. This will improve the flavour and ensure the chicken is nice and tender.

**4. SALAD** In a bowl toss together the tomato wedges, rinsed green leaves, Italian-style cheese ribbons and vinegar (to taste), season and set aside.

**5. CHICKY** Return the pan used for the sunflower seeds to a medium heat and fry the marinated chicken for 5-6 minutes per side until golden and cooked through. Remove from the pan on completion.

**6. LIMONE SAUCE** Heat oil and a knob of butter in the pan over medium heat. When the butter starts to foam, add grated garlic, cook for 30-60 seconds until fragrant, then add juice from the remaining lemon wedges and lemon zest. Add the wine, reduce by half and simmer for 2-4 minutes or until slightly thickened. Add the cooked chicken breast and coat evenly. Season to taste and set aside.

**7. WHOLESOME FEASTING** Plate up the roasted cheesy wedges alongside the chicken limone serve with the salad on the side and drizzle over the pesto. Bellísimo Chef!

## Nutritional Information

Per 100g

Energy	488kJ
Energy	117Kcal
Protein	8.8g
Carbs	9g
of which sugars	1.1g
Fibre	1.9g
Fat	4.8g
of which saturated	1g
Sodium	43mg

## Allergens

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

Cook  
within 3  
Days