

q cuisine: with HOBBY CHEF CHAPMAN

Peppadew® Sweet Pepper Chicken with Polenta

They are fiery red, sweet and mildly hot – little peppers from Peppadew® in South Africa. They are ideal for giving your dish an extra sweet kick.

Preparation | First prepare the Polenta. Bring the vegetable stock to the boil in a large saucepan and let the cornmeal drizzle into the stock while continually stirring. Keep stirring until the cornmeal has absorbed the stock. Reduce the heat and continue stirring to avoid the Polenta getting burnt. After about 10–15 minutes add five tablespoons of Parmesan cheese and the butter and mix in well. Pour the Polenta into a flat ovenproof dish, smooth it out and set aside to cool. The Polenta can be made well ahead of the cooking time.

Chop the red onions and garlic cloves very fine. Cut the cherry tomatoes into halves and chop the parsley. Take about 15 red peppers from the jar and let them drip-off. Take the white beans out of the can and rinse them in cold water. In a skillet cook the onions and garlic over medium heat until softened. Then add the pureed tomatoes and the vegetable stock – let it simmer until the liquid is half reduced.

Mix each five tablespoons of Parmesan cheese and breadcrumbs with the softened butter and spread it over the top of the Polenta. Preheat the oven to 200° C and bake the Polenta until the topping starts to get golden brown – approx. 5–8 minutes.

Season the chicken breast with salt and pepper and fry them until nicely browned and well cooked.

Add the white beans, cherry tomatoes, chopped parsley and the Peppadew® sweet peppers to the sauce and let it all simmer for another 5 minutes. Season with salt to taste.

Serving | Cut the Polenta into slices and place on the plates. Spoon some of the bean and vegetable sauce on the plates and place the chicken breasts on top. Finally, cover the meat with some more of the sauce.

Ingredients:

- 4 Chicken breasts
- 1 Jar Peppadew® Sweet Peppers, Mild Whole
- 1 Can large white beans
- 2 Medium-sized red onions
- 2 cloves of garlic
- 12 cherry tomatoes
- 8 Tbsp pureed tomatoes (Passata)
- 100 cl Vegetable stock
- 1 bunch of flat parsley

Polenta:

- 250 g Polenta (cornmeal, medium grain)
- 1000 cl Vegetable stock
- 10 Tbsp ground Parmesan cheese
- 50 g unsalted soft butter
- 5 Tbsp fine breadcrumbs

Preparation time: 35 minutes. Serves 4

