

UCCOOK

Creamy Mushroom Sauce & Chicken

with carrot mash, dried thyme & tomato

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Calorie Conscious: Serves 3 & 4

Chef: Thea Richter

Nutritional Info

	Per 100g	Per Portion
Energy	304kj	1910kj
Energy	73kcal	457kcal
Protein	7.4g	46.5g
Carbs	5g	32g
of which sugars	3g	17g
Fibre	2g	11g
Fat	2.4g	15.4g
of which saturated	1.4g	9g
Sodium	41mg	257.7mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
15ml	20ml	Dried Thyme
375g	500g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	2	Garlic Cloves <i>peel & grate 1½ [2]</i>
120ml	160ml	Cream Cheese
3	4	Free-range Chicken Breasts
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. CARROT MASH Place the carrot in a pot of salted water. Bring to a boil and cook until soft, 30-35 minutes. Drain and return to the pot. Add ½ the thyme, and a splash of water. Mash with a fork, season, and cover.

2. GOLDEN MUSHIES Place a pan over medium-high heat and lightly add cooking spray or a drizzle of oil. When hot, fry the mushrooms until golden, 6-7 minutes (shifting occasionally).

3. THYME FOR THE SAUCE When the mushrooms are brown, add the garlic and the remaining thyme to the pan. Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat and stir through the cream cheese. Loosen with warm water until the desired consistency. Season and cover.

4. FRY, SLICE, SEASON Place a clean pan (with a lid) over medium heat and lightly add cooking spray or a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

5. SIMPLE SALAD In a salad bowl, combine the cucumber, the tomato, the salad leaves, and seasoning.

6. DINNER IS SERVED! Plate up the chicken slices and pour over the mushie sauce. Side with the carrot mash and the fresh salad. Time to dine, Chef!