



UCCOOK

Chicken & Deconstructed Pumpkin Pie

with long-stem broccoli, toasted pecans & pumpkin spice

My, my it's chicken & pumpkin deconstructed pie! This savoury recipe has all the comforting flavours of a classic Thanksgiving dinner but with a clever, deconstructed twist. Maple-mustard glazed chicken thighs are sided with thyme & butter-flavoured broccoli, plus a generous portion of smooth crème fraîche pumpkin mash. Get ready to be thankful for this recipe, Chef!


Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Creation Wines | Creation Viognier Roussanne 2020

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Ingredients & Prep

250g	Pumpkin Chunks
2	Free-range Chicken Thighs
40ml	Maple Mustard Sauce <i>(20ml Wholegrain Mustard, 15ml Maple Syrup & 5ml Apple Cider Vinegar)</i>
3g	Fresh Thyme <i>rinsed & picked</i>
1	Onion <i>peeled & sliced into wedges</i>
15g	Pecan Nuts
100g	Long-stem Broccoli <i>rinsed</i>
30ml	Crème Fraîche
10ml	Pumpkin Spice <i>(5ml Ground Cinnamon, 2,5ml Ground Nutmeg & 2,5ml Ground Ginger)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. PUMPKIN' PATCH Preheat the oven to 200°C. Boil the kettle. Spread out the pumpkin chunks 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.

2. MMMMMAPLE- MUSTARD GLAZE Pat the chicken dry with paper towel. In a bowl, combine the maple mustard sauce, a drizzle of oil, and seasoning. Add the chicken and toss until coated. Place the coated chicken, skin-side up, on a separate baking dish and scatter over ½ the picked thyme. Add 100ml of boiling water to the tray. Roast in the hot oven for 30-35 minutes until cooked through and crisping up. When the chicken has been roasting for 10 minutes, scatter the onion wedges over the tray and roast for the remaining time.

3. YES, YOU PE-CAN! Place the pecans in a pan, with a lid, over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and roughly chop.

4. COME SAUTÉ AWAY WITH ME When the chicken has 10 minutes remaining, return the pan to a medium-high heat with a knob of butter. When hot, add the rinsed long-stem broccoli and fry for 5-6 minutes until lightly charred, shifting occasionally. Add a splash of water and the remaining thyme. Cover with the lid and simmer for 1-2 minutes until cooked but still al dente. Remove from the pan and season. Cover to keep warm.

5. SPICE THINGS UP Place the roasted pumpkin in a bowl with the crème fraîche and a knob of butter. Mash with a fork or potato masher until the desired consistency. Add the pumpkin spice (to taste), a sweetener of choice (to taste), and seasoning.

6. KEEP YOUR EYE ON THE PIES Plate up the maple-glazed chicken and drizzle over any pan juices. Side with the spiced pumpkin mash and top with the toasted pecans. Serve with the charred long-stem broccoli and the roasted onion wedges. Well done, Chef!

Nutritional Information

Per 100g

Energy	540kJ
Energy	129kcal
Protein	7.9g
Carbs	9g
of which sugars	4.3g
Fibre	2g
Fat	7.2g
of which saturated	2.2g
Sodium	53mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days