



# 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:** 30 minutes

**Overall Time:** 50 minutes

**Serves:** 4 People

**Chef:** Rhea Hsu

 Adventurous Foodie

 Creation Wines | Creation Viognier Roussanne 2020

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## Ingredients & Prep

1kg	Pumpkin Chunks
8	Free-range Chicken Thighs
160ml	Maple Mustard Sauce <i>(80ml Wholegrain Mustard, 60ml Maple Syrup &amp; 20ml Apple Cider Vinegar)</i>
10g	Fresh Thyme <i>rinsed &amp; picked</i>
2	Onions <i>peeled &amp; sliced into wedges</i>
60g	Pecan Nuts
400g	Long-stem Broccoli <i>rinsed</i>
125ml	Crème Fraîche
40ml	Pumpkin Spice <i>(20ml Ground Cinnamon, 10ml Ground Nutmeg &amp; 10ml 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 35-40 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 35-40 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