

# WCOOK

## Creamy Mushroom Sauce & Chicken

with carrot mash, fresh thyme & tomato

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**Chef:** Thea Richter

### Nutritional Info

	Per 100g	Per Portion
Energy	268kj	2030kj
Energy	64kcal	486kcal
Protein	6.3g	47.8g
Carbs	5g	36g
of which sugars	3g	19g
Fibre	2g	12g
Fat	2.1g	15.6g
of which saturated	1.2g	9g
Sodium	35.5mg	268.9mg

**Allergens:** Cow's Milk, Allium

**Spice Level:** None



Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
8g	10g	Fresh Thyme <i>rinse &amp; finely chop</i>
375g	500g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
3	4	Garlic Cloves <i>peel &amp; grate</i>
125ml	160ml	Cream Cheese
3	4	Free-range Chicken Breasts
150g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
2	2	Tomatoes <i>rinse &amp; roughly dice</i>
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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Water  
Paper Towel  
Seasoning (salt & pepper)  
Cooking Spray

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. 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 pan (with a lid) over medium heat and lightly add cooking spray. 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 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!