



UCOOK

Sensational Chicken Stroganoff

with mushrooms & buttery mash potatoes

A stock & herb mix, paprika flour and sour cream take this stroganoff dish from satisfying to superb. Strips of golden chicken are enveloped by a creamy stroganoff sauce, featuring golden mushrooms and green spinach. Dished up with silky-smooth potato mash. Because your taste buds deserve a treat, Chef!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Johnson

Fan Faves

Muratie Wine Estate | Muratie Laurens
Campher White Blend

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
1	Free-range Chicken Breast
125g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Onion <i>peel & roughly slice</i>
15ml	Paprika Flour <i>(5ml Smoked Paprika & 10ml Cornflour)</i>
7,5ml	Stock & Herb Mix <i>(5ml Chicken Stock & 2,5ml NOMU Provençal Rub)</i>
50g	Spinach <i>rinse</i>
50ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Paper Towel
Butter

1. MASH Boil the kettle. Dilute the stock & herb mix with 150ml of boiling water. Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. FRY THE STRIPS Pat dry the chicken with paper towel and cut into 1cm strips. Place a pan over high heat with a drizzle of oil. When hot, fry the chicken strips until golden but not cooked through, 30-60 seconds per side. Remove from the pan and season. Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting as they colour).

3. TIME TO SAUTÉ Add the sliced onion and fry until soft, 2-3 minutes (shifting occasionally). Add the paprika flour and sauté until fragrant, 30-60 seconds. Gradually mix in the diluted stock mix, stirring continuously to prevent lumps. Bring to a simmer and cook until thickened, 3-4 minutes (stirring occasionally).

4. JUST BEFORE SERVING When the sauce has thickened, add in the chicken, the rinsed spinach, and simmer until the chicken is cooked through, 1-2 minutes. Remove from the heat, stir in the sour cream, and seasoning.

5. TIME TO EAT Plate up the buttery mash and side with the silky chicken stroganoff. Well done, Chef!

Nutritional Information

Per 100g

Energy	338kj
Energy	81kcal
Protein	6.6g
Carbs	9g
of which sugars	1.8g
Fibre	1.8g
Fat	2.1g
of which saturated	0.9g
Sodium	146mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days