



UCOOK

Chicken Fricassée

with white wine & fresh cream

The fastest & most delish French chicken stew made with browned chicken pieces braised in a creamy white wine sauce. Served with toasted bread slices to scoop up every last bit.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Rhea Hsu

Simple & Save

Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc 2022

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Ingredients & Prep

450g	Free-range Chicken Mini Fillets
60ml	Stock Mix <i>(15ml NOMU Provençal Rub, 15ml Chicken Stock & 30ml Cornflour)</i>
360g	Carrot <i>peel (optional) & cut into bite-sized chunks</i>
2	Onions <i>peel & roughly slice 1½</i>
90ml	White Wine
150ml	Fresh Cream
360g	Farm-style Bread Slices

From Your Kitchen

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

1. GOLDEN CHICKEN Place a deep pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

2. STOCK & SLURRY In a small bowl, combine the stock mix with 30ml of cold water to form a slurry. Set aside.

3. SIMMERING STEW Return the pan to medium heat with a drizzle of oil or a knob of butter. When hot, fry the carrot pieces and sliced onion until slightly softened, 8-10 minutes (shifting often). Add the wine and simmer until almost evaporated, 2-3 minutes. Add the cream and 350ml of water. Bring to a boil and stir in the stock slurry. Simmer until thickened, 4-5 minutes (stirring occasionally). In the final 1-2 minutes, add the cooked chicken back to the sauce. Loosen with warm water if too thick. Season.

4. BREAD Place a clean pan over medium-high heat with a knob of butter. When melted, toast the bread slices until golden, 1-2 minutes per side.

5. DIG IN Bowl up the chicken fricassée, and finish it off with a crack of black pepper. Serve with the toasted bread. Simple yet stunning, Chef!

Nutritional Information

Per 100g

Energy	564kJ
Energy	135kcal
Protein	6.9g
Carbs	16g
of which sugars	3.1g
Fibre	1.4g
Fat	4.1g
of which saturated	1.9g
Sodium	229mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Soy, Cow's Milk

Eat
Within
3 Days