



# UCOOK

## Chicken Cacciatore

**with sweet potato-carrot mash & pickled peppers**

Enjoy this weeknight dinner of chicken pieces simmered in a herby tomato and wine sauce accompanied by olives and basil. Serve this up with sweet potato and carrot mash and a scattering of pickled peppers. Yum yum...

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**Hands-On Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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♥ Health Nut

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🍷 Cavalli Estate | White Knight

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## Ingredients & Prep

6	Free-range Chicken Pieces
750g	Sweet Potato <i>peeled &amp; cut into small bite-sized chunks</i>
360g	Carrot <i>trimmed, peeled &amp; cut into small bite-sized chunks</i>
170g	Button Mushrooms <i>wiped clean &amp; quartered</i>
2	Onion <i>1½ peeled &amp; finely diced</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
15ml	NOMU Italian Rub
150ml	Red Wine (optional)
600g	Cooked Chopped Tomato
150g	Pitted Kalamata Olives <i>drained &amp; roughly chopped</i>
15g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
150g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>

## From Your Kitchen

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

**1. PARTIALLY ROASTED** Preheat the oven to 200°C. Place the chicken pieces on a roasting tray, coat in oil and seasoning. Roast in the hot oven for 20 minutes until browned slightly but not cooked through.

**2. STEAMY SWEET POT** Boil the kettle. Place a large pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the sweet potato and carrot chunks in a colander over the pot. Cover and allow to steam for 20-25 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

**3. CHICKEN CACCIATORE** Place a large pot over medium heat with a drizzle of oil. When hot, fry the quartered mushrooms and diced onions for 6-7 until the onions are soft and the mushrooms are turning golden. Add the grated garlic and Italian Rub and fry for 1-2 minutes until fragrant. Stir through the red wine (if using) and reduce until almost evaporated. Add the cooked chopped tomato, 100ml of water, and roasted chicken pieces and simmer for 15-20 minutes until the chicken is cooked through and the sauce is thickening. In the final 2-3 minutes add the drained chopped olives and ½ of the chopped parsley. Remove from the heat and season with some salt, pepper and a sweetener of choice.

**4. MASH IT UP!** Put the sweet potato and carrot in a bowl, pop a knob of butter or coconut oil (optional) and add a splash of milk or water. Mash with a fork or potato masher until desired consistency and season to taste.

**5. WARM UP THE BELLY!** Plate up the mash, dish up some saucy chicken cacciatore on the side, scatter over the chopped pickled peppers and garnish with the remaining parsley. Enjoy Chef!

## Nutritional Information

Per 100g

Energy	322kJ
Energy	77Kcal
Protein	3.8g
Carbs	9g
of which sugars	4.4g
Fibre	1.8g
Fat	2.2g
of which saturated	0.5g
Sodium	178mg

## Allergens

Allium, Sulphites, Alcohol

Cook  
within 3  
Days