



UCOOK

Chicken & Crème Fraîche Pepper Sauce

with sautéed veg

As one of the most well known superfoods, kale is packed full of protein, vitamins & minerals. This nutritious ingredient will form part of a mouthwatering veggie medley, together with mushrooms, onions, fresh thyme & feta. Plated with pan-fried chicken breast covered in homemade black pepper sauce and oven-roasted butternut.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Morgan Otten

Carb Conscious

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & roughly slice ½</i>
125g	Button Mushrooms <i>wipe clean & roughly slice</i>
3g	Fresh Thyme <i>rinse & pick</i>
50g	Kale <i>rinse & roughly shred</i>
30g	Danish-style Feta <i>drain</i>
1	Free-range Chicken Breast
1	Garlic Clove <i>peel & grate</i>
30ml	Crème Fraîche
5ml	Crushed Black Peppercorns

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place the roasted butternut in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. SILKY, SWEET ONIONS Place a pan (with a lid) over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. THYME FOR THE VEG Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms and the chopped thyme until the mushrooms are golden, 5-6 minutes (shifting occasionally). Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Add the dressed kale to the golden mushrooms and fry until slightly wilted, 2-3 minutes. Remove from the pan, add the drained feta and the caramelised onions, season, and cover.

4. BUTTER-BASTED CHICKEN Return the pan to medium heat with a drizzle of oil. 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. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. PEPPER SAUCE Return the pan, wiped down, to medium heat with a drizzle of olive oil. When hot, fry the grated garlic until fragrant, 1-2 minutes. Remove from the heat, and add the crème fraîche, the black pepper, and a splash of water. Mix until creamy and saucy.

6. SAUTEED SENSATION Plate up the sliced chicken and pour over the creamy pepper sauce. Side with the sauteed veg and the butternut mash. Enjoy, Chef!

Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	380kj
Energy	91kcal
Protein	7.2g
Carbs	6g
of which sugars	1.9g
Fibre	1.6g
Fat	3.6g
of which saturated	2g
Sodium	84mg

Allergens

Allium, Cow's Milk

Eat
Within
3 Days