



UCOOK

Creamy Tuscan Chicken

with sun-dried tomatoes & pumpkin mash

Fried garlic, sun-dried tomatoes, cheese, and spinach are transformed into a dreamy, creamy sauce. Spooned over a silky pumpkin mash & golden chicken, and garnished with pumpkin seeds.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Rhea Hsu

Carb Conscious

Strandveld | Adamastor White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Pumpkin Chunks <i>cut into small bite-sized pieces</i>
10g	Pumpkin Seeds
1	Free-range Chicken Breast
20ml	Chicken Stock Mix <i>(5ml Chicken Stock, 5ml NOMU Provençal Rub & 10ml Cornflour)</i>
65g	Button Mushrooms <i>wipe clean & roughly chop</i>
1	Garlic Clove <i>peel & grate</i>
25g	Sun-dried Tomatoes <i>drain & roughly chop</i>
20ml	Grated Italian-style Hard Cheese
20g	Spinach <i>rinse & shred</i>
50ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. MAKE THE MASH Place the pumpkin pieces in 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 (optional). Mash with a fork, season, and cover.

2. TOASTED SEEDS Place the pumpkin seeds in a pan (with a lid) over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN GOODNESS Return the pan to medium-high with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover, and fry until cooked through, 4-5 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.

4. A GO FOR MUSHIES In a small bowl, combine the chicken stock mix with 15ml of water. Set aside. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the chopped mushrooms until golden, 5-6 minutes (shifting occasionally). Season and remove from the pan.

5. ALL THINGS SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic and the chopped sun-dried tomatoes until fragrant, 30-60 seconds (shifting constantly). Add 100ml of water and bring to a simmer. Stir in the diluted stock mix and the grated cheese, and simmer until thickened, 1-2 minutes. In the final minute, add the shredded spinach. Remove from the heat and stir through the plain yoghurt and the cooked mushrooms. Loosen with a splash of warm water (if necessary) and season.

6. TURN UP THE HEAT Heat the mash over medium heat before serving if necessary.

7. YOU'RE A SUPPER STAR! Plate up the pumpkin mash and serve the chicken slices alongside. Spoon over the creamy Tuscan sauce. Sprinkle over the toasted pumpkin seeds. Dig in, Chef!

Nutritional Information

Per 100g

Energy	382kJ
Energy	91kcal
Protein	9.1g
Carbs	8g
of which sugars	2.6g
Fibre	1.7g
Fat	2.6g
of which saturated	0.8g
Sodium	147mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
3 Days