



# UCOOK

## Delicious Dijon Chicken

with sun-dried tomatoes & baby spinach

This chicken dinner recipe will always be a winner at the dinner table, Chef! Start by dishing up the steaming basmati rice, then drench it with a delectable dijon mustard sauce, loaded with spinach and sun-dried tomatoes. Oven roasted chicken pieces send this dish in first place over the finishing line.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

---

**Serves:** 2 People

---

**Chef:** Hellen Mwanza

---

Fan Faves

---

Bertha Wines | Bertha Rosé 2023

---

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

## Ingredients & Prep

4	Free-range Chicken Pieces
200ml	Brown Basmati Rice <i>rinse</i>
125g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	Onion <i>peel &amp; roughly dice</i>
1	Garlic Clove <i>peel &amp; grate</i>
100ml	White Wine
40g	Spinach <i>rinse</i>
40g	Sun-dried Tomatoes <i>drain</i>
60ml	Crème Fraîche
20ml	Dijon Mustard

## From Your Kitchen

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

**1. ROAST CHICKEN** Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. FLUFFY RICE** Place the rinsed rice in a pot with 500ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**3. MMMUSHROOMS** Place a pan over medium-high heat. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

**4. LOADED MUSTARD SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). In the final minute, add the grated garlic and fry until fragrant, 1-2 minutes. Add the wine and simmer until all the alcohol evaporates, 1-2 minutes. Add the spinach, the sun-dried tomatoes, and the fried mushrooms. Deglaze the pan with 100ml of water before removing it from the heat. Add the crème, the mustard (to taste), and seasoning.

**5. DELISH DINNER** Make a bed of the fluffy rice and top with the crispy chicken pieces. Spoon over the mustardy sauce. Enjoy.



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and season. Air fry, skin-side up, at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	678kj
Energy	162kcal
Protein	9.6g
Carbs	15g
of which sugars	2.5g
Fibre	2.1g
Fat	6.9g
of which saturated	2.1g
Sodium	56mg

## Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Eat  
Within  
3 Days