



UCOOK

Charming Chicken Cacciatore

with green beans, patty pans & oregano

With this mouthwatering Italian recipe, we don't have to say "Buon appetito" because you will definitely have a good appetite after tasting this delightful meal, Chef! Juicy chicken soaks up the rich, tangy vegetable & tomato stock, spiced with NOMU Italian Rub. Layered with nutritious patty pans, green beans & spinach.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha Finnegan

Carb Conscious

Groote Post Winery | Groote Post Riesling

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Ingredients & Prep

6	Free-range Chicken Pieces
15ml	NOMU Italian Rub
22,5ml	Vegetable Stock
2	Onions <i>peel & roughly dice 1½</i>
3	Garlic Cloves <i>peel & grate</i>
2	Fresh Chillies <i>rinse, trim, deseed & roughly chop</i>
300g	Cooked Chopped Tomato
240g	Patty Pans <i>rinse, trim & cut into bite-sized pieces</i>
240g	Green Beans <i>rinse & cut in half</i>
60g	Spinach <i>rinse</i>
8g	Fresh Oregano <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. STEW BEGINNINGS Boil the kettle. Pat the chicken dry with paper towel. Coat in oil, ½ the NOMU rub, and seasoning. Place a pan over high heat. When hot, fry the chicken until browned but not cooked through, 4-7 minutes per side. Remove from the pan and set aside.

2. FRAGRANT CACCIATORE Dilute the stock with 300ml of boiling water. Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the grated garlic, the chopped chilli (to taste), and the remaining NOMU rub. Fry until fragrant, 1-2 minutes. Add the cooked chopped tomato, the browned chicken, and the diluted stock. Bring to a boil. Lower the heat and simmer until thickened and the chicken is cooked through, 15-20 minutes. At the halfway mark, stir through the patty pan pieces, and the halved green beans. In the final 1-2 minutes, add the rinsed spinach, a sweetener (to taste), and seasoning. Remove from the heat when the spinach has wilted.

3. WARMING MEAL Plate up the flavoursome chicken cacciatore stew. Sprinkle over the chopped oregano. Indulge yourself!

Nutritional Information

Per 100g

Energy	387kJ
Energy	93kcal
Protein	8g
Carbs	5g
of which sugars	2.7g
Fibre	1.5g
Fat	4.2g
of which saturated	1.1g
Sodium	213mg

Allergens

Allium, Sulphites

Eat
Within
3 Days