



UCOOK

Charming Chicken Cacciatore

with golden cauliflower & oregano

If it ain't broke, don't fix it, right? A rustic Italian "hunter's stew" is served alongside golden charred cauli bits and finished off with a sprinkle of fresh oregano. Classic, old school, and oh-so-yummy!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Carb Conscious

 Waterford Estate | Waterford Rosemary Rosé

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Ingredients & Prep

200g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
7,5ml	Vegetable Stock
2	Free-range Chicken Pieces
5ml	NOMU Italian Rub
1	Onion <i>peel & roughly dice ½</i>
1	Garlic Clove <i>peel & grate</i>
1	Fresh Chilli <i>rinse, trim, deseed & roughly chop</i>
100g	Cooked Chopped Tomato
20g	Spinach <i>rinse</i>
3g	Fresh Oregano <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. GOLDEN CAULI Preheat the oven to 200°C. Boil the kettle. Spread the cauliflower pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 15-20 minutes (shifting halfway). Dilute the stock with 85ml of boiling water.

2. STEW BEGINNINGS Pat the chicken dry with paper towel. Coat in oil, ½ the NOMU rub, and seasoning. Place a pan (with a lid) 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.

3. FRAGRANT CACCIATORE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 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, 10-15 minutes. Stir through the rinsed spinach, a sweetener, and seasoning. Remove from the heat when the spinach has wilted.

4. WARMING MEAL Plate up the golden cauli and side with the flavoursome chicken cacciatore stew. Sprinkle over the chopped oregano. Indulge yourself!

Nutritional Information

Per 100g

Energy	390kJ
Energy	93kcal
Protein	8.3g
Carbs	5g
of which sugars	2.4g
Fibre	1.3g
Fat	4.3g
of which saturated	1.2g
Sodium	185mg

Allergens

Allium, Sulphites

Cook
within 3
Days