



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: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Rhea Hsu

Carb Conscious

Strandveld | Adamastor White Blend

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Ingredients & Prep

600g	Pumpkin Chunks <i>cut into small bite-sized pieces</i>
30g	Pumpkin Seeds
3	Free-range Chicken Breasts
60ml	Chicken Stock Mix <i>(15ml Chicken Stock, 15ml NOMU Provençal Rub & 30ml Cornflour)</i>
190g	Button Mushrooms <i>wipe clean & roughly chop</i>
2	Garlic Cloves <i>peel & grate</i>
75g	Sun-dried Tomatoes <i>drain & roughly chop</i>
60ml	Grated Italian-style Hard Cheese
60g	Spinach <i>rinse & shred</i>
150ml	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, 20-25 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 45ml of water. Set aside. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the chopped mushrooms until golden, 6-7 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 300ml of water and bring to a simmer. Stir in the diluted stock mix and the grated cheese, and simmer until thickened, 2-3 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