



UCOOK

Creamy Tuscan Chicken

with brown rice & fresh parsley

A creamy Tuscan sauce loaded with sun-dried tomatoes, fresh cream, Italian-style hard cheese, and red pickled peppers is sided with tender brown basmati rice and served alongside beautifully roasted chicken. Take a trip to Italy without even buying a ticket!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Creation Wines | Creation Sauvignon Blanc
2022

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Ingredients & Prep

2	Free-range Chicken Thighs
75ml	Brown Rice
5ml	Chicken Stock
1	Garlic Clove <i>peeled & grated</i>
5ml	NOMU Italian Rub
20g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
1	Tomato <i>roughly chopped</i>
50ml	Fresh Cream
40g	Pickled Bell Peppers <i>drained & roughly sliced</i>
20g	Spinach <i>rinsed</i>
25g	Italian-style Hard Cheese <i>grated</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GET ROASTIN' Preheat the oven to 200°C. Boil a full kettle. Place the chicken on a roasting tray. Pat dry with some paper towel, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. AWESOME RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

3. THE SOURCE OF THE SAUCE Dilute the stock with 50ml of boiling water. Place a pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the grated garlic and the rub and fry for 1 minute, until fragrant, shifting constantly. Add the chopped sun-dried tomatoes, the chopped tomato, the diluted stock, and the cream. Mix until fully combined and roughly mash with a fork. Reduce the heat and leave to simmer for 5-7 minutes or until slightly reduced, stirring occasionally. In the final 1-2 minutes, add the sliced pickled peppers.

4. TUSCAN SAUCE When the sauce has reduced, add the rinsed spinach and ½ the grated cheese. Mix until the spinach is wilted. Season to taste.

5. EATING UNDER THE TUSCAN SUN! Plate up the rice and side with the creamy tomato & pepper sauce. Serve alongside the roasted chicken pieces. Sprinkle over the chopped parsley and the remaining grated cheese. Wowzers, Chef!

Nutritional Information

Per 100g

Energy	614kJ
Energy	147kcal
Protein	9.2g
Carbs	10g
of which sugars	2.3g
Fibre	1.6g
Fat	8.1g
of which saturated	3.1g
Sodium	127mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days