

UCOOK

Creamy Chicken Stew

with sweet potato mash & fresh parsley

Warm your soul with this dreamy creamy chicken stew! Leeks, carrots, Dijon mustard and parsley are the stars of the show, each adding another level of deliciousness to this incredible big bowl of yum!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Boschendal | 1685 Chardonnay

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Ingredients & Prep

250g	Sweet Potato <i>peeled & cut into small chunks</i>
100g	Leeks <i>trimmed at the base & halved lengthways</i>
5ml	Chicken Stock
2	Free-range Chicken Pieces
120g	Carrot <i>peeled (optional) & cut into 1cm chunks</i>
2,5ml	Dijon Mustard
30ml	Crème Fraîche
1	Lemon <i>½ zested & cut into wedges</i>
4g	Fresh Parsley <i>rinsed & chopped</i>

From Your Kitchen

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

1. SWEET MASH Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 15-20 minutes until cooked through and soft. Alternatively, you can use a steamer if you have one. On completion, discard the water and place the cooked sweet potato in the pot. Add a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until desired consistency and combined.

2. CHICKEN & SOME PREP Rinse the leeks thoroughly and roughly chop. Dilute the stock with 200ml of boiling water. Pat the chicken pieces dry with paper towel and season. Place a non-stick pan over a medium-high heat with a drizzle of oil. When hot, fry the chicken for 4-5 minutes per side until golden. Add the chopped leeks and the carrot chunks and fry for 3-4 minutes until the leeks are soft, shifting occasionally. Pour in the diluted stock and bring to a boil. Once boiling, reduce the heat and simmer for 15-20 minutes until reduced and slightly thickened.

3. CREAMY STEW Once the stew has reduced, add the mustard and the crème fraîche. Mix until fully combined and leave to simmer for 3-4 minutes until combined and thickened. Finish off with a squeeze of lemon juice and seasoning, both to taste.

4. ENJOY! Plate up the sweet potato mash and side with the loaded, creamy chicken stew. Sprinkle over the chopped parsley and the lemon zest (to taste). Dig in, Chef!



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	482kj
Energy	115Kcal
Protein	7.3g
Carbs	9g
of which sugars	3.6g
Fibre	1.4g
Fat	5.3g
of which saturated	2g
Sodium	108mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days