



UCOOK

Chicken Cacciatore

with sweet potato-carrot mash & pickled peppers

Enjoy this weeknight dinner of chicken pieces simmered in a herby tomato and wine sauce accompanied by olives and basil. Serve this up with sweet potato and carrot mash and a scattering of pickled peppers. Yum yum...

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

♥ Health Nut

🍷 Cavalli Estate | White Knight

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Ingredients & Prep

2	Free-range Chicken Pieces
250g	Sweet Potato <i>peeled & cut into small bite-sized chunks</i>
120g	Carrot <i>trimmed, peeled & cut into small bite-sized chunks</i>
65g	Button Mushrooms <i>wiped clean & quartered</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
5ml	NOMU Italian Rub
50ml	Red Wine (optional)
200g	Cooked Chopped Tomatoes
50g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
5g	Fresh Parsley <i> rinsed & roughly chopped</i>
50g	Pickled Bell Peppers <i>drained & roughly chopped</i>

From Your Kitchen

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

1. PARTIALLY ROASTED Preheat the oven to 200°C. Place the chicken pieces on a roasting tray, coat in oil and seasoning. Roast in the hot oven for 15 minutes until browned slightly but not cooked through.

2. STEAMY SWEET POT Boil the kettle. Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the sweet potato and carrot chunks in a colander over the pot. Cover and allow to steam for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

3. CHICKEN CACCIATORE Place a pot over medium heat with a drizzle of oil. When hot, fry the quartered mushrooms and diced onions for 5-6 until the onions are soft and the mushrooms are turning golden. Add the grated garlic and Italian Rub and fry for 1-2 minutes until fragrant. Stir through the red wine (if using) and reduce until almost evaporated. Add the cooked chopped tomato, 40ml of water, and roasted chicken pieces and simmer for 12-15 minutes until the chicken is cooked through and the sauce is thickening. In the final 2-3 minutes add the drained chopped olives and ½ of the chopped parsley. Remove from the heat and season with some salt, pepper and a sweetener of choice.

4. MASH IT UP! Put the sweet potato and carrot in a bowl, pop a knob of butter or coconut oil (optional) and add a splash of milk or water. Mash with a fork or potato masher until desired consistency and season to taste.

5. WARM UP THE BELLY! Plate up the mash, dish up some saucy chicken cacciatore on the side, scatter over the chopped pickled peppers and garnish with the remaining parsley. Enjoy Chef!

Nutritional Information

Per 100g

Energy	322kJ
Energy	77Kcal
Protein	3.8g
Carbs	9g
of which sugars	4.4g
Fibre	1.8g
Fat	2.2g
of which saturated	0.5g
Sodium	178mg

Allergens

Allium, Sulphites, Alcohol

Cook
within 3
Days