



UCCOOK

Grilled Chicken & Creamy Spinach

with cheesy butternut mash

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	488kJ	2711kJ
Energy	117kcal	649kcal
Protein	5.9g	32.9g
Carbs	5g	30g
of which sugars	2g	11.3g
Fibre	1.8g	9.7g
Fat	7.9g	43.6g
of which saturated	2.4g	13.4g
Sodium	95mg	528mg

Allergens: Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, peel & cut into bite-sized pieces</i>
15ml	30ml	Grated Italian-style Hard Cheese
100g	200g	Leeks <i>trim & cut in half lengthways; thoroughly rinse & finely slice</i>
1	1	Garlic Clove <i>peel & grate</i>
75g	150g	Spinach <i>rinse</i>
80ml	160ml	Crème Fraîche
1	2	Free-range Chicken Breast/s
5ml	10ml	Greek Seasoning
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Milk (optional)
Water
Seasoning (salt & pepper)
Paper Towel
Butter

1. CHEESY MASH Place the butternut in a pot of salted water over medium-high heat. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the grated cheese and a splash of water or milk. Mash with a fork, season, and cover.

2. CREAMED SPINACH Place a pan over medium heat with a drizzle of oil. When hot, fry the leeks until soft and golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the spinach and cook until wilted, 3-4 minutes. Mix in the crème fraîche and loosen with a splash of water if it's too thick. Remove from the heat, season and place a lid on the pan to keep it warm until serving.

3. INTO THE PAN Place another pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat it in the Greek seasoning. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, 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. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

4. WINNER CHICKEN DINNER Plate up the cheesy mash, sided with the creamy spinach and sliced chicken. Garnish with the parsley, and just like that, dinner is ready!

Chef's Tip