



# UCCOOK

## One-Pan Mexican Chicken

with baby marrow & spicy sour cream

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Sophie Germanier Organic | Chardonnay Organic

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 361kj    | 2777kj      |
| Energy             | 86kcal   | 664kcal     |
| Protein            | 7.1g     | 54.7g       |
| Carbs              | 7g       | 50g         |
| of which sugars    | 3.4g     | 25.8g       |
| Fibre              | 1.4g     | 10.6g       |
| Fat                | 3.4g     | 26g         |
| of which saturated | 1.7g     | 12.7g       |
| Sodium             | 96mg     | 735mg       |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Hot

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                     |
|----------|------------|---------------------------------------------------------------------|
| 100g     | 200g       | Baby Marrow<br><i>rinse, trim &amp; cut into bite-sized pieces</i>  |
| 50g      | 100g       | Corn                                                                |
| 1        | 2          | Free-range Chicken Breast/s                                         |
| 1        | 1          | Onion<br><i>peel &amp; finely slice ½ [1]</i>                       |
| 120g     | 240g       | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i> |
| 10ml     | 20ml       | NOMU Mexican Spice Blend                                            |
| 100ml    | 200ml      | Tomato Passata                                                      |
| 40g      | 80g        | Cheddar Cheese<br><i>grate</i>                                      |
| 10g      | 20g        | Sliced Pickled Jalapeños<br><i>drain &amp; roughly chop</i>         |
| 40ml     | 80ml       | Sour Cream                                                          |
| 3g       | 5g         | Fresh Chives<br><i>rinse &amp; finely chop</i>                      |

## From Your Kitchen

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

**1. CHAR BABY MARROW & CORN** Place a deep pan over medium-high heat with a drizzle of oil. When hot, fry the baby marrow and corn until charred, 4-6 minutes (shifting occasionally). Remove from the pan.

**2. COOK THE CHICKEN** Return the pan to medium high heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into small bite-sized pieces. When hot, fry the chicken until golden but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside.

**3. COOK THE SAUCE** Return the pan to medium heat with a drizzle of oil if necessary. Fry the onions and the carrots until lightly golden, 4-5 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 100ml [200ml] of water. Simmer until reduced and thickening, 10-12 minutes. Add the baby marrow and corn, chicken, and a sweetener (to taste), and mix to combine. Season and sprinkle over the cheese. Cook until the cheese is melted, 2-3 minutes.

**4. SOME PREP** In a small bowl, combine the sour cream, the jalapeños (to taste), and seasoning.

**5. DINNER IS READY** Dollop the sour cream over the one-pan Mexican chicken and baby marrow and garnish with the chives.