



UCCOOK

Saucy Chicken & Mushroom Dinner

with leeks & button mushrooms

Hands-on Time: 35 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	344kj	2047kj
Energy	82kcal	490kcal
Protein	7.5g	44.6g
Carbs	7g	42g
of which sugars	2g	13g
Fibre	2g	9g
Fat	2.3g	13.7g
of which saturated	1.1g	6.6g
Sodium	100.5mg	597.7mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15ml	20ml	Chicken Stock
15ml	20ml	Cornflour
300g	400g	Butternut Chunks <i>cut into bite-sized pieces</i>
300g	400g	Cabbage <i>cut into bite-sized chunks</i>
3	4	Free-range Chicken Breasts <i>pat dry & cut into bite-sized pieces</i>
300g	400g	Leeks <i>trim at the base & roughly slice</i>
300g	400g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Dried Thyme
75ml	100ml	Crème Fraîche

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. START THE STOCK MIXTURE Boil the kettle and preheat the oven to 200°C. In a mug or small bowl, add the chicken stock and cornflour. Add a splash of warm water and mix out all the lumps. Slowly add in 450ml [600ml] of warm water. Set aside.

2. VEGGIE MEDLEY Spread the butternut and cabbage on a roasting tray with a bit of cooking spray and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

3. COOK THE CHICKEN Place a large pan over medium heat with a bit of cooking spray. When hot, fry the chicken until golden and cooked through, 5-7 minutes (shifting occasionally). Season and remove from the pan, leaving any pan juices in the pan.

4. OH SO CREAMY Return the pan to medium heat. Fry the leeks until soft, 3-4 minutes (shifting frequently). Add the mushrooms, garlic and thyme and fry until fragrant, 2-3 minutes (shifting frequently). Deglaze with the stock mixture and allow the sauce to thicken, 3-4 minutes (stirring occasionally). Remove from the heat and mix through the chicken and the crème fraîche.

5. A TASTE SENSATION Plate up the roasted veg. Top it with the creamy chicken mix. And just like that, dinner is ready, Chef!