



UCCOOK

Creamy Chicken & Mushroom Medley

with spinach & fresh sage

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Carb Conscious: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	350kj	2391kj
Energy	84kcal	572kcal
Protein	7.2g	49.5g
Carbs	6g	41g
of which sugars	1.9g	12.9g
Fibre	1.9g	13g
Fat	3.2g	21.9g
of which saturated	1.7g	11.9g
Sodium	55mg	378mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Butter Beans <i>drain</i>
50ml	100ml	Crème Fraîche
1	1	Onion <i>peel & finely slice ½ [1]</i>
3g	5g	Fresh Sage <i>rinse, pick & finely chop</i>
100g	200g	Brussels Sprouts <i>rinse & cut in half</i>
3g	5g	Fresh Thyme <i>rinse & pick</i>
40g	80g	Green Leaves <i>rinse</i>
1	1	Garlic Clove <i>peel & grate</i>
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
150g	300g	Free-range Chicken Mini Fillets

From Your Kitchen

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

1. INTO THE PAN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

2. BEGIN THE BRUSSELS SPROUTS Return the pan to high heat with a drizzle of oil. When hot, fry the brussels sprouts, cut-side down, until charred, 3-4 minutes. Add the sage, give them a shift, and fry until al dente, 2-3 minutes. Remove the pan and season.

3. AMAZING AROMAS Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the onion, thyme, and mushrooms until soft and golden, 5-7 minutes, shifting as they colour. Add the garlic and fry until fragrant, 1-2 minutes. Add the butter beans, return the chicken and Brussels sprouts to the pan, and fry until warmed through for 4-5 minutes. In the final 1-2 minutes, add the spinach. Remove from the heat and add crème fraîche and loosen with a splash of water until the desired consistency.

4. SERVE & SAVOUR Bowl up your dinner and enjoy, Chef.