



UCOOK

Honey Mustard Chicken & Garlic Bread

with mushrooms & fresh parsley

Succulent chicken is pan-fried and coated in a dreamy honey mustard sauce loaded with mushrooms. It is sided with garlic & parsley baguette rounds and green leaves for some freshness and crunch. No time to waste, let's get this dinner show started!


Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Thea Richter

 Quick & Easy

 Boschendal | Le Bouquet

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

4	Free-range Chicken Quarters <i>drum & thigh separated</i>
15g	Fresh Parsley
80g	Green Leaves
500g	Button Mushrooms
4	Garlic Cloves
20ml	Cornflour
2	Sourdough Baguettes <i>sliced into rounds at an angle</i>
200ml	Fresh Cream
140ml	Sweet Mustard <i>(80ml Dijon Mustard & 60ml Honey)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Paper Towel

1. CHICKEN: CHECK! Preheat the oven to 200°C. Boil the kettle. Place a pan, with a lid, over a medium heat with a drizzle of oil. Pat the chicken pieces dry with paper towel. When the pan is hot, fry the chicken skin-side down for 3-5 minutes until crispy and golden. Flip, pop on the lid, and fry for 3-5 minutes or until cooked through. Remove from the pan on completion.

2. PREP STEP While the chicken is frying, rinse the parsley and the green leaves. Roughly chop the rinsed parsley. Quarter the mushrooms and peel and grate the garlic. Place the cornflour in a small bowl with 4 tbsp of boiling water and mix until a runny paste. In a small bowl, combine the grated garlic (to taste), a knob of butter, and ½ the chopped parsley.

3. BUTTERY BAGUETTE Place the baguette rounds on a roasting tray and butter the exposed side with the garlic butter. Place in the hot oven and bake for 3-4 minutes until warmed through and browned.

4. HONEY + MUSTARD + MUSHROOMS Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. When hot, add the quartered mushrooms and fry for 4-5 minutes until starting to brown, shifting occasionally. Pour in 300ml of boiling water, the cornflour mix, the fresh cream, and the sweet mustard. Mix until fully combined. Leave to simmer for 3-4 minutes until slightly reduced and thickened. Add a splash of water if it reduces too quickly. Season to taste. Dress the rinsed green leaves with a drizzle of oil and seasoning.

5. CHICKEN A LA HONEY MUSTARD! Plate up the chicken and pour over the mustard & mushroom sauce. Side with the garlic baguette rounds and the dressed green leaves. Sprinkle over the remaining parsley and dive in!

Nutritional Information

Per 100g

Energy	771kJ
Energy	184Kcal
Protein	11.6g
Carbs	16g
of which sugars	3.8g
Fibre	1.1g
Fat	8.7g
of which saturated	3.3g
Sodium	201mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days