

WCOOK

One-Pan Mexican Chicken

with baby marrow & spicy sour cream

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

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 3	[Serves 4]	
300g	400g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
150g	200g	Corn
3	4	Free-range Chicken Breasts
2	2	Onions <i>peel & finely slice 1½ [2]</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
30ml	40ml	NOMU Mexican Spice Blend
300ml	400ml	Tomato Passata
120g	160g	Cheddar Cheese <i>grate</i>
30g	40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
125ml	160ml	Sour Cream
8g	10g	Fresh Chives <i>rinse & 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, 6-8 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, 2-3 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, 6-8 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 300ml [400ml] of water. Simmer until reduced and thickening, 12-15 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, 3-4 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.