



UCOOK

Saucy Chicken & Mash

with a tomato passata sauce, lemon & charred baby marrow

In this saucy chicken dish, chicken mini fillets are fried to golden perfection and smothered in a fragrant tomato passata sauce. Sided with a satisfying butternut mash and charred baby marrow. See what we mean, Chef?

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Ella Nasser

 Carb Conscious

 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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Ingredients & Prep

750g	Butternut Chunks <i>cut into bite-sized chunks</i>
450g	Free-range Chicken Mini Fillets <i>pat dry</i>
2	Onions <i>1½ peeled & roughly diced</i>
2	Garlic Cloves <i>peeled & grated</i>
30ml	NOMU Italian Rub
300g	Tomato Passata
12g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
600g	Baby Marrow <i>rinsed, trimmed & cut in half lengthways</i>
2	Lemons <i>cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter (optional)
Sugar/Sweetener/Honey

1. BUTTERNUT BEAUTY Place a pot of cold salted water over a high heat. Add the butternut chunks and bring to the boil. Once boiling, reduce the heat and simmer for 20-25 minutes until soft. Drain on completion and return to the pot. Add a splash of milk or water, a knob of butter or coconut oil, and some seasoning. Mash with a potato masher or fork until smooth and cover to keep warm.

2. SIZZLING CHICKY Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the chicken mini fillets for 1-2 minutes per side until golden. You may need to do this step in batches. Remove from the pan and set aside to rest for 3 minutes.

3. MMMMOUTHWATERING AROMAS Boil the kettle. Return the pan to a medium heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the grated garlic and the rub. Fry for 1-2 minutes until fragrant, shifting constantly. Add the tomato passata and 450ml of boiling water. Simmer for 8-10 minutes or until slightly reduced. In the final 2-3 minutes, add the browned chicken to the sauce. Add ½ the chopped oregano, a sweetener of choice, salt, and pepper.

4. SAUCY MARROWS While the sauce is simmering, place a pan over medium-high heat with a drizzle of oil. When hot, add the baby marrow wedges or halves and fry for 3-5 minutes per side until charred and cooked through. Remove from the pan and squeeze over some lemon juice and season.

5. DINNER TIME! Plate up the butternut mash and top with the chicken and all the sauce. Side with the charred baby marrow and sprinkle over the remaining oregano. Serve with a lemon wedge.

Nutritional Information

Per 100g

Energy	239kJ
Energy	57kcal
Protein	5.6g
Carbs	7g
of which sugars	2.5g
Fibre	1.8g
Fat	0.7g
of which saturated	0.2g
Sodium	80mg

Allergens

Allium, Sulphites

Cook
within 2
Days