



# UCOOK

## Creamy Tuscan Chicken

with sun-dried tomatoes & pumpkin mash

Fried garlic, sun-dried tomatoes, cheese, and spinach are transformed into a dreamy, creamy sauce. Spooned over a silky pumpkin mash & golden chicken, and garnished with pumpkin seeds.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes


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**Serves:** 1 Person


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**Chef:** Rhea Hsu

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 Carb Conscious

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 Creation Wines | Creation Merlot

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## Ingredients & Prep

200g	Pumpkin Chunks <i>cut into small bite-sized pieces</i>
10g	Pumpkin Seeds
1	Free-range Chicken Breast
20ml	Chicken Stock Mix <i>(5ml Chicken Stock, 5ml NOMU Provençal Rub &amp; 10ml Cornflour)</i>
65g	Button Mushrooms <i>wiped down &amp; roughly chopped</i>
1	Garlic Clove <i>peeled &amp; grated</i>
25g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
20ml	Grated Italian-style Hard Cheese
20g	Spinach <i>rinsed &amp; shredded</i>
50ml	Low Fat Plain Yoghurt

## From Your Kitchen

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

**1. MAKE THE MASH** Place the pumpkin pieces in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. TOASTED SEEDS** Place the pumpkin seeds in a pan (with a lid) over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. GOLDEN GOODNESS** Return the pan to medium-high heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When hot, fry the chicken on one side for 2-4 minutes until golden. Flip, pop on the lid, and fry for 2-4 minutes until cooked through. Remove from the pan and set aside.

**4. A GO FOR MUSHIES** In a small bowl, combine the chicken stock mix with 15ml of water. Set aside. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the chopped mushrooms until golden, 5-6 minutes (shifting occasionally). Season and remove from the pan.

**5. ALL THINGS SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic and the chopped sun-dried tomatoes until fragrant, 30-60 seconds (shifting constantly). Add 100ml of water and bring to a simmer. Stir in the diluted stock mix and the grated cheese, and simmer until thickened, 1-2 minutes. In the final minute, add the shredded spinach. Remove from the heat and stir through the plain yoghurt and the cooked mushrooms. Loosen with a splash of warm water (if necessary) and season.

**6. TURN UP THE HEAT** Heat the mash over medium heat before serving if necessary.

**7. DIG IN** Plate up the pumpkin mash and serve the chicken alongside. Spoon over the creamy Tuscan sauce. Sprinkle over the toasted pumpkin seeds. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	395kJ
Energy	95kcal
Protein	9.4g
Carbs	8g
of which sugars	2.7g
Fibre	1.9g
Fat	2.8g
of which saturated	0.8g
Sodium	174mg

## Allergens

Egg, Dairy, Allium, Sulphites

Cook  
within 3  
Days