



UCCOOK

Charming Chicken Cacciatore

with golden cauliflower

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Samantha Finnegan

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	376kJ	2777kJ
Energy	90kcal	664kcal
Protein	7.7g	56.7g
Carbs	5g	40g
of which sugars	2.6g	19g
Fibre	1.4g	10.2g
Fat	4g	29.6g
of which saturated	1.1g	7.9g
Sodium	205mg	1511mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
7,5ml	15ml	Vegetable Stock
2	4	Free-range Chicken Pieces
5ml	10ml	NOMU Italian Rub
1	1	Onion <i>peel & roughly dice ½ [1]</i>
1	2	Garlic Clove/s <i>peel & grate</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & roughly chop</i>
100g	200g	Cooked Chopped Tomato
20g	40g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. GOLDEN CAULI Preheat the oven to 200°C. Boil the kettle. Spread the cauliflower on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway). Dilute the stock with 85ml [125ml] of boiling water.

2. STEW BEGINNINGS Pat the chicken dry with paper towel. Coat in oil, ½ the NOMU rub, and seasoning. Place a pan (with a lid) over high heat. When hot, fry the chicken until browned but not cooked through, 4-7 minutes per side. Remove from the pan and set aside.

3. FRAGRANT CACCIATORE Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 3-4 minutes (shifting occasionally). Add the garlic, the chilli (to taste), and the remaining NOMU rub. Fry until fragrant, 1-2 minutes. Add the cooked chopped tomato, the browned chicken, and the diluted stock. Bring to a boil. Lower the heat and simmer until thickened and the chicken is cooked through, 10-15 minutes. Stir through the spinach, a sweetener (to taste), and seasoning. Remove from the heat when the spinach has wilted.

4. WARMING MEAL Plate up the golden cauli and side with the flavoursome chicken cacciatore stew. Indulge yourself!