



# UCCOOK

## Saucy Spinach Baked Chicken

with roasted butternut half-moons

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Waterford Estate | Waterford Chardonnay

### Nutritional Info

	Per 100g	Per Portion
Energy	449kj	3705kj
Energy	107kcal	886kcal
Protein	7.2g	59.4g
Carbs	6g	49g
of which sugars	2.2g	18.2g
Fibre	1.3g	10.9g
Fat	5.5g	45.8g
of which saturated	2.2g	18.4g
Sodium	297mg	2451mg

**Allergens:** Cow's Milk, Allium

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
2	4	Free-range Chicken Pieces
5ml	10ml	Greek Salt
1	1	Onion <i>peel &amp; roughly dice</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
65g	125g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
50g	100g	Spinach <i>rinse</i>
50ml	100ml	Crème Fraîche
10ml	20ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

**1. BUTTERNUT FORGET!** Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. GREEK-SALTED CHICKEN** Place the chicken pieces into an oven-proof dish. Pat the chicken dry with paper towel. Coat in oil and the Greek salt. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**3. CREAMY SPINACH** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the mushrooms and fry until golden, 5-6 minutes (shifting occasionally). Toss through the spinach until wilted, 2-3 minutes. Remove from the heat and mix through the crème fraîche and seasoning.

**4. NEXT-LEVEL CHICKEN** When the chicken has 5 minutes remaining, top with the spinach & mushroom mixture and return to the oven for the remaining time.

**5. WELL DONE** Plate up the butternut half-moons and serve the creamy spinach topped chicken alongside. Drizzle with the lemon juice (to taste) and scatter over the parsley. Get ready to eat, Chef!