

# WCOOK

## One-Pan Mexican Chicken

with baby marrow & spicy sour cream

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Carb Conscious:** Serves 1 & 2

**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:

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Serves 1	[Serves 2]	
100g	200g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces</i>
50g	100g	Corn
1	2	Free-range Chicken Breast/s
1	1	Onion <i>peel &amp; finely slice ½ [1]</i>
120g	240g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
10ml	20ml	NOMU Mexican Spice Blend
100ml	200ml	Tomato Passata
40g	80g	Cheddar Cheese <i>grate</i>
10g	20g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
40ml	80ml	Sour Cream
3g	5g	Fresh Chives <i>rinse &amp; finely chop</i>

## From Your Kitchen

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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, 4-6 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, 1-2 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, 4-5 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 100ml [200ml] of water. Simmer until reduced and thickening, 10-12 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, 2-3 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.