



# UCCOOK

## Creamy Tuscan Chicken

with brown rice & fresh parsley

A creamy Tuscan sauce loaded with sun-dried tomatoes, fresh cream, Italian-style hard cheese, and red pickled peppers is sided with tender brown basmati rice and served alongside beautifully roasted chicken. Take a trip to Italy without even buying a ticket!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Thea Richter

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 Fan Faves

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 Creation Wines | Creation Sauvignon Blanc  
2022

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## Ingredients & Prep

4	Free-range Chicken Thighs
150ml	Brown Rice
10ml	Chicken Stock
1	Garlic Clove <i>peeled &amp; grated</i>
10ml	NOMU Italian Rub
40g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
1	Tomato <i>roughly chopped</i>
100ml	Fresh Cream
80g	Pickled Bell Peppers <i>drained &amp; roughly sliced</i>
40g	Spinach <i>rinsed</i>
50g	Italian-style Hard Cheese <i>grated</i>
8g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. GET ROASTIN'** Preheat the oven to 200°C. Boil a full kettle. Place the chicken on a roasting tray. Pat dry with some paper towel, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. AWESOME RICE** Rinse the rice and place in a pot over a medium-high heat. Submerge in 500ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

**3. THE SOURCE OF THE SAUCE** Dilute the stock with 100ml of boiling water. Place a pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the grated garlic and the rub and fry for 1 minute, until fragrant, shifting constantly. Add the chopped sun-dried tomatoes, the chopped tomato, the diluted stock, and the cream. Mix until fully combined and roughly mash with a fork. Reduce the heat and leave to simmer for 5-7 minutes or until slightly reduced, stirring occasionally. In the final 1-2 minutes, add the sliced pickled peppers.

**4. TUSCAN SAUCE** When the sauce has reduced, add the rinsed spinach and ½ the grated cheese. Mix until the spinach is wilted. Season to taste.

**5. EATING UNDER THE TUSCAN SUN!** Plate up the rice and side with the creamy tomato & pepper sauce. Serve alongside the roasted chicken pieces. Sprinkle over the chopped parsley and the remaining grated cheese. Wowzers, Chef!

## Nutritional Information

Per 100g

Energy	614kJ
Energy	147kcal
Protein	9.2g
Carbs	10g
of which sugars	2.3g
Fibre	1.6g
Fat	8.1g
of which saturated	3.1g
Sodium	127mg

## Allergens

Egg, Dairy, Allium, Sulphites

Cook  
within 3  
Days