



UCCOOK

Saucy Spinach Baked Chicken

with roasted butternut half-moons

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

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 3

[Serves 4]

750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
6	8	Free-range Chicken Pieces
15ml	20ml	Greek Salt
2	2	Onions <i>peel & roughly dice</i>
2	2	Garlic Cloves <i>peel & grate</i>
190g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
150g	200g	Spinach <i>rinse</i>
150ml	200ml	Crème Fraîche
30ml	40ml	Lemon Juice
8g	10g	Fresh Parsley <i>rinse, pick & 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, 30-35 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, 30-35 minutes (shifting halfway).

3. CREAMY SPINACH Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Add the mushrooms and fry until golden, 6-7 minutes (shifting occasionally). Toss through the spinach until wilted, 3-4 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!