



UCOOK

Delicious Dijon Chicken

with sun-dried tomatoes & baby spinach

This chicken dinner recipe will always be a winner at the dinner table, Chef! Start by dishing up the steaming basmati rice, then drench it with a delectable dijon mustard sauce, loaded with spinach and sun-dried tomatoes. Oven roasted chicken pieces send this dish in first place over the finishing line.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Fan Faves

Bertha Wines | Bertha Rosé 2023

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Ingredients & Prep

2	Free-range Chicken Pieces
100ml	Brown Basmati Rice <i>rinse</i>
65g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Onion <i>peel & roughly dice ½</i>
1	Garlic Clove <i>peel & grate</i>
50ml	White Wine
20g	Spinach <i>rinse</i>
20g	Sun-dried Tomatoes <i>drain</i>
30ml	Crème Fraîche
10ml	Dijon Mustard

From Your Kitchen

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

1. ROAST CHICKEN Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. FLUFFY RICE Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

3. MMMUSHROOMS Place a pan over medium-high heat. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

4. LOADED MUSTARD SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). In the final minute, add the grated garlic and fry until fragrant, 1-2 minutes. Add the wine and simmer until all the alcohol evaporates, 1-2 minutes. Add the spinach, the sun-dried tomatoes, and the fried mushrooms. Deglaze the pan with 50ml of water before removing it from the heat. Add the crème, the mustard (to taste), and seasoning.

5. DELISH DINNER Make a bed of the fluffy rice and top with the crispy chicken pieces. Spoon over the mustardy sauce. Enjoy.



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and season. Air fry, skin-side up, at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	678kj
Energy	162kcal
Protein	9.6g
Carbs	15g
of which sugars	2.5g
Fibre	2.1g
Fat	6.9g
of which saturated	2.1g
Sodium	56mg

Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Eat
Within
3 Days