



UCCOOK

Creamy Mushroom Sauce & Chicken

with carrot mash, fresh thyme & tomato

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Thea Richter

Nutritional Info	Per 100g	Per Portion
Energy	268kj	2030kj
Energy	64kcal	486kcal
Protein	6.3g	47.8g
Carbs	5g	36g
of which sugars	3g	19g
Fibre	2g	12g
Fat	2.1g	15.6g
of which saturated	1.2g	9g
Sodium	35.5mg	268.9mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
3g	5g	Fresh Thyme <i>rinse & finely chop</i>
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	2	Garlic Clove/s <i>peel & grate</i>
40ml	80ml	Cream Cheese
1	2	Free-range Chicken Breast/s
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
1	1	Tomato <i>rinse & roughly dice</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Water
Paper Towel
Seasoning (salt & pepper)
Cooking Spray

1. **CARROT MASH** Place the carrot in a pot of salted water. Bring to a boil and cook until soft, 25-30 minutes. Drain and return to the pot. Add ½ the thyme, and a splash of water. Mash with a fork, season, and cover.

2. **GOLDEN MUSHIES** Place a pan over medium-high heat and lightly add cooking spray. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally).

3. **THYME FOR THE SAUCE** When the mushrooms are brown, add the garlic and the remaining thyme to the pan. Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat and stir through the cream cheese. Loosen with warm water until the desired consistency. Season and cover.

4. **FRY, SLICE, SEASON** Place a pan (with a lid) over medium heat and lightly add cooking spray. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

5. **SIMPLE SALAD** In a salad bowl, combine the cucumber, the tomato, the leaves, and seasoning.

6. **DINNER IS SERVED!** Plate up the chicken slices and pour over the mushie sauce. Side with the carrot mash and the fresh salad. Time to dine, Chef!