



# UCOOK

## Chicken Fricassée

with white wine & fresh cream

The fastest & most delish French chicken stew made with browned chicken pieces braised in a creamy white wine sauce. Served with toasted bread slices to scoop up every last bit.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Rhea Hsu

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Simple & Save

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Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc 2022

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## Ingredients & Prep

|       |                                                                                        |
|-------|----------------------------------------------------------------------------------------|
| 300g  | Free-range Chicken Mini Fillets                                                        |
| 40ml  | Stock Mix<br><i>(10ml NOMU Provençal Rub, 10ml Chicken Stock &amp; 20ml Cornflour)</i> |
| 240g  | Carrot<br><i>peel (optional) &amp; cut into bite-sized chunks</i>                      |
| 1     | Onion<br><i>peel &amp; roughly slice</i>                                               |
| 60ml  | White Wine                                                                             |
| 100ml | Fresh Cream                                                                            |
| 240g  | Farm-style Bread Slices                                                                |

## From Your Kitchen

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

**1. GOLDEN CHICKEN** Place a deep pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

**2. STOCK & SLURRY** In a small bowl, combine the stock mix with 20ml of cold water to form a slurry. Set aside.

**3. SIMMERING STEW** Return the pan to medium heat with a drizzle of oil or a knob of butter. When hot, fry the carrot pieces and sliced onion until slightly softened, 6-8 minutes (shifting often). Add the wine and simmer until almost evaporated, 1-2 minutes. Add the cream and 250ml of water. Bring to a boil and stir in the stock slurry. Simmer until thickened, 3-4 minutes (stirring occasionally). In the final 1-2 minutes, add the cooked chicken back to the sauce. Loosen with warm water if too thick. Season.

**4. BREAD** Place a clean pan over medium-high heat with a knob of butter. When melted, toast the bread slices until golden, 1-2 minutes per side.

**5. DIG IN** Bowl up the chicken fricassée, and finish it off with a crack of black pepper. Serve with the toasted bread. Simple yet stunning, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 564kJ   |
| Energy             | 135kcal |
| Protein            | 6.9g    |
| Carbs              | 16g     |
| of which sugars    | 3.1g    |
| Fibre              | 1.4g    |
| Fat                | 4.1g    |
| of which saturated | 1.9g    |
| Sodium             | 229mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites,  
Alcohol, Soy, Cow's Milk

Eat  
Within  
3 Days