



WCOOK

Crumbed Chicken & Mushroom Stroganoff

with sweet potato mash

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Boschendal | 1685 Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	410kj	2871kj
Energy	98kcal	686kcal
Protein	5.4g	37.7g
Carbs	12g	82g
of which sugars	3.3g	23.2g
Fibre	1.7g	11.7g
Fat	2.2g	15.3g
of which saturated	1.2g	8.2g
Sodium	88mg	620mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Alcohol, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks
80g	160g	Green Beans <i>rinse</i>
65g	125g	Button Mushrooms <i>wipe clean & cut into quarters</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
2.5ml	5ml	Dried Thyme
1	2	Garlic Clove/s <i>peel & grate</i>
7.5ml	15ml	Paprika Flour <i>2.5ml [5ml] Paprika & 5ml [10ml] Cornflour</i>
15ml	30ml	Brandy
30ml	60ml	Crème Fraîche
1	2	Crumbed Chicken Breast/s
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Milk (optional)

1. MASH Place the sweet potato in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. GREEN BEANS Boil the kettle. Fill a pot with boiling water and a pinch of salt, and bring to a boil. Once bubbling rapidly, blanch the green beans for 2-3 minutes until cooked al dente. Drain and run under cold water to stop the cooking process.

3. STROG Place a pan over medium-high heat with a drizzle of oil and a knob of butter. Fry the mushrooms and the onion until deeply golden, 5-6 minutes (shifting occasionally). Add the thyme, garlic, and paprika flour. Fry until fragrant, 30-60 seconds. Deglaze the pan with the brandy and mix in the crème fraîche and 100ml [200ml] of water. Simmer until slightly reduced and thickened, 2-4 minutes. Remove from the heat and season.

4. CHICKEN Air fry the chicken at 200°C until crispy and warmed through, 3-5 minutes, and season. Alternatively, place a pan over medium heat with a drizzle of oil. When hot, fry the chicken until warmed through, 2-3 minutes per side. Remove from the pan, drain on paper towel, slice, and season.

5. TIME TO DINE Make a bed of the mash, top with the sliced chicken, and the mushroom stroganoff. Side with the green beans and garnish with a sprinkle of parsley. Well done, Chef!