



# UCOOK

## Chicken & Crème Fraîche Pepper Sauce

with sautéed veg

As one of the most well known superfoods, kale is packed full of protein, vitamins & minerals. This nutritious ingredient will form part of a mouthwatering veggie medley, together with mushrooms, onions, fresh thyme & feta. Plated with pan-fried chicken breast covered in homemade black pepper sauce and oven-roasted butternut.

---

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

---

**Serves:** 3 People

---

**Chef:** Morgan Offen

---

Carb Conscious

---

 Waterford Estate | Waterford Chardonnay

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; roughly slice 1½</i>
375g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
8g	Fresh Thyme <i>rinse &amp; pick</i>
150g	Kale <i>rinse &amp; roughly shred</i>
90g	Danish-style Feta <i>drain</i>
3	Free-range Chicken Breasts
2	Garlic Cloves <i>peel &amp; grate</i>
90ml	Crème Fraîche
15ml	Crushed Black Peppercorns

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Milk (optional)  
Paper Towel  
Butter

**1. BEGIN WITH BUTTERNUT** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place the roasted butternut in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

**2. SILKY, SWEET ONIONS** Place a pan (with a lid) over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**3. THYME FOR THE VEG** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms and the chopped thyme until the mushrooms are golden, 6-7 minutes (shifting occasionally). Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Add the dressed kale to the golden mushrooms and fry until slightly wilted, 3-5 minutes. Remove from the pan, add the drained feta and the caramelised onions, season, and cover.

**4. BUTTER-BASTED CHICKEN** Return the pan to medium heat with a drizzle of oil. 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. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. PEPPER SAUCE** Return the pan, wiped down, to medium heat with a drizzle of olive oil. When hot, fry the grated garlic until fragrant, 1-2 minutes. Remove from the heat, and add the crème fraîche, the black pepper, and a splash of water. Mix until creamy and saucy.

**6. SAUTEED SENSATION** Plate up the sliced chicken and pour over the creamy pepper sauce. Side with the sauteed veg and the butternut mash. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	380kj
Energy	91kcal
Protein	7.2g
Carbs	6g
of which sugars	1.9g
Fibre	1.6g
Fat	3.6g
of which saturated	2g
Sodium	84mg

## Allergens

Allium, Cow's Milk

Eat  
Within  
3 Days