



# UCOOK

## Coq au Vin

with gem squash mash

Enjoy our take on Coq au Vin made with carrots, celery and onion. This saucy dish is served with smooth gem squash mash and a sprinkling of fresh parsley, the perfect accompaniments to this divine French-inspired dinner!

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Carb Conscious

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 Boschendal | Stellenbosch Cabernet Sauvignon

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## Ingredients & Prep

1	Gem Squash
1	Free-range Chicken Leg Quarter <i>drum &amp; thigh separated</i>
4g	Fresh Thyme <i>rinsed, picked &amp; finely chopped</i>
5ml	Chicken Stock
5ml	Cornflour
120g	Carrot <i>peeled (optional), trimmed &amp; cut into bite-sized chunks</i>
1	Onion <i>½ peeled &amp; roughly diced</i>
1	Celery Stalk <i>rinsed &amp; roughly chopped</i>
7,5ml	Tomato Paste
50ml	Red Wine
4g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. WHAT A GEM!** Place the gem squash in a pot and fully submerge in water. Cover with the lid and place over a high heat. Once boiling, cook for 20-25 minutes until easily pierced through with a knife. Remove from the pot on completion and cut in half – don't burn yourself! Scoop out the seeds and discard, then scoop out the flesh and place in a bowl. Add a small knob of butter or a drizzle of oil and some seasoning. Mash with a fork until the flesh is smooth and the butter has melted (if using). Return to the pot, cover to keep warm, and set aside for serving.

**2. GOLDEN CHICKY** Boil the kettle. Pat the chicken dry with paper towel. Place in a bowl along with ½ the chopped thyme, and some seasoning. Toss until fully combined. Place a pan over a medium heat with a drizzle of oil. When hot, add the chicken and fry for 3-4 minutes per side until browned. Remove from the pan on completion.

**3. COQ AU VIN** Dilute the stock with 200ml of boiling water. Place the cornflour in a small bowl and mix in 1 tbsp of diluted stock until a runny paste - this is called a slurry! Return the pan to a medium heat with a drizzle of oil. When hot, add the carrot chunks, the diced onion, and the chopped celery, and fry for 3-4 minutes until softened and browned. Add the tomato paste and the remaining thyme and fry for 30-60 seconds until fragrant, shifting constantly. Pour in the diluted stock, the slurry, the red wine, and the browned chicken. Bring to the boil. Once boiling, reduce the heat and leave to simmer for 15-20 minutes or until the chicken is cooked through and the sauce has thickened. Season to taste.

**4. VOILA!** Plate up the gem squash mash. Side with the coq au vin and all the saucy goodness. Finish off with a sprinkling of the chopped parsley. Look at you go, Chef!

## Nutritional Information

Per 100g

Energy	402kj
Energy	96Kcal
Protein	8g
Carbs	5g
of which sugars	1.9g
Fibre	1.2g
Fat	4.4g
of which saturated	1.2g
Sodium	93mg

## Allergens

Allium, Sulphites, Alcohol

Cook  
within 3  
Days