



UCOOK

Creamy Tuscan Chicken

with sun-dried tomatoes & pumpkin mash

Fried garlic & sundried tomatoes form the base, then covered in a delicious chicken stock. Cheese and spinach are added, then made into a dreamy, creamy sauce. Spooned over a silky pumpkin mash, golden chicken & garnished with pumpkin seeds.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Simonsig | Gewürztraminer

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Ingredients & Prep

200g	Pumpkin Chunks <i>cut into small bite-sized pieces</i>
2	Free-range Chicken Pieces
20ml	Chicken Stock Mix <i>(5ml Chicken Stock, 5ml NOMU Provençal Rub & 10ml Cornflour)</i>
65g	Button Mushrooms <i>roughly chopped</i>
1	Garlic Clove <i>peeled & grated</i>
25g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
20ml	Grated Italian-style Hard Cheese
20g	Spinach <i>rinsed & roughly shredded</i>
50ml	Low Fat Plain Yoghurt
10g	Pumpkin Seeds

From Your Kitchen

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

1. MAKE THE MASH Place the pumpkin pieces 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. GOLDEN GOODNESS Pat the chicken dry with paper towel and season. Place a pan, with a lid, over medium heat with a drizzle of oil. When hot, fry the chicken on one side until browned, 4-6 minutes. Flip, cover with the lid, and fry until cooked through, 12-15 minutes.

3. A GO FOR MUSHIES In a small bowl, combine the chicken stock mix with 15ml of water. Set aside. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the chopped mushrooms until golden, 5-6 minutes (shifting occasionally). Season and remove from the pan.

4. ALL THINGS SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic and the chopped sun-dried tomatoes until fragrant, 30-60 seconds (shifting constantly). Add 100ml of water and bring to a simmer. Stir in the diluted stock mix and the grated cheese, and simmer until thickened, 1-2 minutes. In the final minute, add the shredded spinach. Remove from the heat and stir through the plain yoghurt and the cooked mushrooms. Loosen with a splash of warm water, if necessary, and season.

5. TURN UP THE HEAT Heat the mash over medium heat before serving if necessary.

6. DIG IN Plate up the pumpkin mash and serve the chicken alongside. Spoon over the creamy Tuscan sauce. Sprinkle over the pumpkin seeds. Dig in, Chef!



Chef's Tip

Toast the pumpkin seeds in a pan over a medium heat until golden brown, 3-4 minutes.

Nutritional Information

Per 100g

Energy	468kj
Energy	112kcal
Protein	8.3g
Carbs	8g
of which sugars	3.1g
Fibre	1.9g
Fat	5.2g
of which saturated	1.5g
Sodium	179mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days