



UCOOK

Tuscan Chicken

with brown rice & fresh coriander

Tuscan food is warm, rustic, and weaves elegance with simplicity. Testimony to this is the sophisticated plate of fluffy basmati rice, sided with golden roasted chicken smothered in a Tuscan sauce, a rich & creamy tomato-based liquid with wilted spinach and Italian-style hard cheese.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

 Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

2	Free-range Chicken Thighs
75ml	Brown Basmati Rice <i>rinse</i>
5ml	Chicken Stock
1	Garlic Clove <i>peel & grate</i>
5ml	NOMU Italian Rub
20g	Sun-dried Tomatoes <i>drain & roughly chop</i>
50ml	Tomato Passata
50ml	Fresh Cream
50g	Spinach <i>rinse & roughly shred</i>
15g	Italian-style Hard Cheese <i>grate</i>
10ml	Lemon Juice
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. GET ROASTIN' Preheat the oven to 200°C. Boil a full kettle. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. AWESOME RICE Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

3. THE SOURCE OF THE SAUCE Dilute the stock with 50ml of boiling water. Place a pan over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the grated garlic and the NOMU rub until fragrant, 1-2 minutes (shifting constantly). Add the chopped sun-dried tomatoes, the tomato passata, the diluted stock, and the cream. Mix until combined. Reduce the heat and simmer until slightly reduced, 5-7 minutes (stirring occasionally).

4. TUSCAN SAUCE When the sauce has reduced, add the shredded spinach and ½ the grated cheese. Mix until the spinach is wilted. Season.

5. EATING UNDER THE TUSCAN SUN! Plate up the rice, side with the roasted chicken pieces and smother in the creamy tomato sauce. Drizzle over the lemon juice (to taste). Sprinkle over the chopped coriander and the remaining grated cheese. Wow, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and season. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	831kJ
Energy	199kcal
Protein	13.1g
Carbs	13g
of which sugars	2.3g
Fibre	1.7g
Fat	11g
of which saturated	4.1g
Sodium	241mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
3 Days