



UCCOOK

Golden Chicken & Mash

with a side salad & toasted sunflower seeds

Did you know, Chef? If you use the meat juices from cooking to make a sauce and thicken it with cornstarch, it's called a gravy. This mouthwatering sauce will be drizzled over a golden chicken breast, which is sided with silky-smooth potato mash and a simple salad. Finished with toasted sunflower seeds.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Hellen Mwanza

 **Simple & Save**

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

600g	Potato <i>rinsed, peeled (optional) & cut into bite-sized pieces</i>
30g	Sunflower Seeds
15ml	Chicken Stock
3	Free-range Chicken Breasts
30ml	NOMU Poultry Rub
15ml	Cornflour
2	Garlic Cloves <i>peeled & grated</i>
60g	Salad Leaves <i>rinsed & roughly shredded</i>
2	Tomatoes <i>rinsed & roughly diced</i>

From Your Kitchen

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

1. MAKE THE MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOMU-SPICED CHICKEN Boil the kettle. Dilute the stock with 300ml of boiling water. Place a pan (with a lid) over 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 and the NOMU rub. Remove from the pan, reserving any pan juices, and rest for 5 minutes before slicing and seasoning.

4. GROOVY GRAVY Place the cornflour in a small bowl. Gradually mix in 10ml of diluted stock until a runny paste. Return the pan with the chicken juices to medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds (shifting constantly). Mix in the remaining stock and the cornflour paste. Simmer until thickened, 1-2 minutes (shifting occasionally). Remove from the heat, add a sweetener, 3 tbsp of milk (optional), and seasoning. Set aside. Just before serving, loosen with a splash of water if it's too thick.

5. SIMPLE SALAD In a salad bowl, toss together the shredded salad leaves, the diced tomato, a drizzle of olive oil, and seasoning.

6. DELICIOUS DINNER Plate up the mashed potatoes and top with the chicken. Side with the fresh salad. Drizzle the gravy over the chicken and garnish the salad with the toasted seeds.



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, the NOMU rub and season. Air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	414kJ
Energy	99kcal
Protein	9.6g
Carbs	10g
of which sugars	1.2g
Fibre	1.7g
Fat	2.2g
of which saturated	0.4g
Sodium	186mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days