



UCOOK

Creamy Mushroom Sauce & Chicken

with carrot mash, fresh thyme & tomatoes

This hearty meal is perfect for a weeknight dinner. Chicken fillet slices are smothered in a rich thyme & cream cheese mushroom sauce. Sided with a rustic & sweet carrot mash and a simple summer salad. It's homey food at its best.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

Carb Conscious

Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
3g	Fresh Thyme <i>rinse & finely chop</i>
125g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
50ml	Cream Cheese
1	Free-range Chicken Breast
50g	Cucumber <i>rinse & cut into half-moons</i>
1	Tomato <i>rinse & roughly dice</i>
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. CARROT MASH Place the carrot pieces in a pot of salted water. Bring to a boil and cook until soft, 25-30 minutes. Drain and return to the pot. Add a knob of butter (optional), ½ the chopped thyme, and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. GOLDEN MUSHIES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting occasionally).

3. THYME FOR THE SAUCE When the mushrooms are brown, add the grated garlic and the remaining thyme to the pan. Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat and stir through the cream cheese. Loosen with warm water until the desired consistency. Season and cover.

4. FRY, SLICE, SEASON 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SIMPLE SALAD In a salad bowl, combine the cucumber half-moons, the diced tomato, the shredded leaves, a drizzle of olive oil, and seasoning.

6. DINNER IS SERVED! Plate up the chicken slices and pour over the mushie sauce. Side with the carrot mash and the fresh salad. Time to dine, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	280kJ
Energy	67kcal
Protein	6.3g
Carbs	5g
of which sugars	2.5g
Fibre	1.5g
Fat	2.4g
of which saturated	1.4g
Sodium	39mg

Allergens

Cow's Milk, Allium

Eat
Within
3 Days