



UCOOK

Chicken Stroganoff

with mushrooms & buttery mash potatoes

A stock & herb mix, paprika flour and sour cream take this stroganoff dish from delish to sensational. Strips of golden chicken are enveloped by a creamy stroganoff sauce, featuring golden mushrooms and green spinach. Dished up with silky-smooth potato mash. Because your taste buds deserve a treat, Chef!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Johnson

 Quick & Easy

 Simonsig | Die Kluisenaar White Blend

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Ingredients & Prep

200g	Potato <i>rinsed, peeled & cut into bite-sized pieces</i>
7,5ml	Stock & Herb Mix <i>(5ml Chicken Stock & 2,5ml NOMU Provençal Rub)</i>
125g	Button Mushrooms
1	Onion
20g	Spinach
1	Free-range Chicken Breast
15ml	Paprika Flour <i>(5ml Smoked Paprika & 10ml Cornflour)</i>
50ml	Sour Cream

From Your Kitchen

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

1. MASH Place the potato pieces into 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. SOME PREP Boil the kettle. Dilute the stock & herb mix with 150ml of boiling water. Roughly slice the mushrooms. Peel and finely slice ½ the onion. Rinse the spinach. Pat dry the chicken with paper towel and cut into 1cm strips.

3. FRY THE STRIPS Place a pan over high heat with a drizzle of oil. When hot, fry the strips until golden but not cooked through, 30-60 seconds per side. Remove from the pan and season. Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting as they colour).

4. TIME TO SAUTÉ Add the sliced onion and fry until soft, 2-3 minutes (shifting occasionally). Add the paprika flour and sauté until fragrant, 30-60 seconds. Gradually mix in the diluted stock mix, stirring continuously to prevent lumps. Bring to a simmer and cook until thickened, 3-4 minutes (stirring occasionally).

5. JUST BEFORE SERVING When the sauce has thickened, add in the chicken, and simmer until the chicken is cooked through, 1-2 minutes. Remove from the heat, stir in the sour cream, seasoning, and the rinsed spinach until combined.

6. TIME TO EAT Plate up the buttery mash and side with the silky chicken stroganoff. Well done, Chef!

Nutritional Information

Per 100g

Energy	364kJ
Energy	87kcal
Protein	7.3g
Carbs	9g
of which sugars	1.6g
Fibre	1.7g
Fat	2.4g
of which saturated	1g
Sodium	107.4mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days