



# UCOOK

## 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Hellen Mwanza

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 Simple & Save

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

200g	Potato <i>rinsed, peeled (optional) &amp; cut into bite-sized pieces</i>
10g	Sunflower Seeds
5ml	Chicken Stock
1	Free-range Chicken Breast
10ml	NOMU Poultry Rub
5ml	Cornflour
1	Garlic Clove <i>peeled &amp; grated</i>
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
1	Tomato <i>rinsed &amp; 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, 15-20 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 100ml 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 5ml 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, 1 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