



UCOOK

Comforting Chicken Stew & Mash

with red wine & fresh thyme

A generous helping of fluffy, smooth potato mash is served with a wonderful, red wine-braised chicken stew with an undercurrent of tangy tomato paste. It's time to dine, Chef!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Morgan Otten

 ***NEW Simple & Save**

 **Waterkloof | Peacock Syrah**

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized pieces</i>
2	Free-range Chicken Pieces
5ml	Chicken Stock
5ml	Cornflour
120g	Carrot <i>peeled (optional), trimmed & cut into bite-sized pieces</i>
1	Onion <i>½ peeled & roughly diced</i>
7,5ml	Tomato Paste
2g	Fresh Thyme <i>roughly chopped</i>
30ml	Red Wine

From Your Kitchen

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

1. MAKE THE 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. GOLDEN CHICKY Boil the kettle. Pat the chicken dry with paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the chicken until browned, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Dilute the stock with 200ml of boiling water.

3. TAKING STOCK Place the cornflour in a small bowl and mix in 1 tbsp of the diluted stock until a runny paste. Return the pan to a medium heat with a drizzle of oil. When hot, fry the carrot pieces and the diced onion until golden, 4-5 minutes (shifting halfway).

4. WINE O'CLOCK When the carrot & onion are browned, add the tomato paste and ½ the chopped thyme, and fry until fragrant, 30-60 seconds (shifting constantly). Add the diluted stock, the slurry, the wine, and the browned chicken. Bring to the boil. Reduce the heat and simmer until the chicken is cooked through and the sauce has thickened, 12-15 minutes. Season to taste.

5. VOILA! Plate up the mash. Side with the chicken stew and all the saucy goodness. Garnish with the remaining thyme.

Nutritional Information

Per 100g

Energy	450kj
Energy	107kcal
Protein	8.1g
Carbs	9g
of which sugars	2.1g
Fibre	1.5g
Fat	4.2g
of which saturated	1.1g
Sodium	149mg

Allergens

Allium, Sulphites, Alcohol

Cook
within 3
Days