



UCCOOK

Wholesome Italian-style Chicken

with ricotta, sundried tomato & fresh parsley

Creamy, tangy, and fresh, this classic Italian stuffing is an impeccable infusion for a tender chicken breast. With roast pumpkins, hard cheese, and charred broccoli, it's a masterpiece. Mamma mia!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

♥ Health Nut

🍷 Cavalli Estate | Cremello

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
5ml	NOMU Italian Rub
40g	Ricotta Cheese
20g	Sun-dried Tomatoes <i>roughly chopped</i>
3g	Fresh Parsley <i>rinsed & roughly chopped</i>
1	Free-range Chicken Breast
150g	Broccoli Florets <i>cut into bite-sized pieces</i>
30ml	Plain Yoghurt
17,5ml	Mustard Vinegar <i>(10ml Dijon Mustard & 7,5ml Red Wine Vinegar)</i>
20g	Spinach <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Tinfoil
Paper Towel

1. CRISPING PUMPKIN Preheat the oven to 200°C. Spread out the pumpkin chunks on a roasting tray, coat in oil, ½ the Italian rub and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. LET'S GET STUFFED... In a bowl combine the ricotta cheese with a drizzle of olive oil. Add the chopped sun-dried tomatoes, ¾ of the chopped parsley, and seasoning to taste. Mix well to combine until creamy.

3. CHICKEN POCKETS Pat the chicken breast dry with some paper towel and place on a chopping board. Where the breast is slightly thicker, make a small, horizontal incision. Using your fingers or a knife, gently break the flesh apart to make a little pocket for the stuffing.

4. POUL-TREE Place the breast on a lightly greased baking tray. Stuff with the Italian stuffing, allowing some to spill out. Spread out the broccoli pieces around the chicken. Coat both the broccoli and chicken pocket in oil and seasoning to taste. Bake in the oven for 18-20 minutes until the broccoli is charred and the chicken is golden and cooked through. Remove from the oven on completion.

5. SOME SAUCY DIJON-VU In a bowl, combine the yoghurt, mustard vinegar to taste and the remaining Italian rub. Loosen with warm water in 5ml increments until drizzling consistency.

6. STUFFED FEASTING! Make a generous pile of rinsed leaves and charred broccoli. Top with the fragrant pumpkin pieces, then the juicy stuffed chicken. Drizzle with the tangy mustard dressing & garnish with the remaining chopped fresh parsley. Enjoy, Chef!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.

Nutritional Information

Per 100g

Energy	304kj
Energy	73Kcal
Protein	7.8g
Carbs	6g
of which sugars	2.4g
Fibre	2g
Fat	2.2g
of which saturated	0.8g
Sodium	97mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days