

UCCOOK

Chive & Bacon-stuffed Chicken

with cream cheese & a fresh side salad

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	602kJ	2678.7kJ
Energy	144kcal	640.8kcal
Protein	12.6g	56g
Carbs	3.3g	14.6g
of which sugars	2.2g	9.9g
Fibre	0.7g	3g
Fat	9g	39.9g
of which saturated	3.7g	16.6g
Sodium	300.2mg	1335.6mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6 strips	8 strips	Streaky Pork Bacon
30g	40g	Sunflower Seeds
125ml	160ml	Cream Cheese
8g	10g	Fresh Chives <i>rinse & finely chop</i>
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU Roast Rub
30ml	40ml	Red Wine Vinegar
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Pickled Onions <i>drain & roughly slice</i>
300g	400g	Cucumber <i>rinse & cut into thin rounds</i>
60g	80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)
Toothpick (optional)

1. CRISPY BACON Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Roughly chop.

2. SUNNY SEEDS Place the sunflower seeds in a clean pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, combine the cream cheese, $\frac{3}{4}$ of the chives, the chopped bacon, and season.

3. CHIVE & BACON CHICKEN Pat the chicken breast dry with paper towel and place on a chopping board. Using a knife, slice a pocket into one side of the chicken (be careful not to cut all the way through to the other side.) Season the inside of the pocket and fill with the chive & bacon mixture. Press the edges together to firmly seal. You may need to secure the breast closed with a few toothpicks.

4. FRY UNTIL GOLDEN Return the pan to medium-high heat with a drizzle of oil. When hot, add the stuffed chicken and cover with the lid. Fry until golden, and cooked through, 3-4 minutes per side. In the final minute, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan and season.

5. COLOURFUL SALAD In a bowl, combine the vinegar, a sweetener (to taste), a drizzle of olive oil, and seasoning. Add the seeds, salad leaves, onions, cucumber, and the peppers.

6. WINNER CHICKEN DINNER Plate up the fresh salad. Side with the stuffed chicken and garnish with the remaining chives. Well done, Chef!