

UCOOK

Spinach & Artichoke Stuffed Chicken

with red pepper pesto & roasted beetroot

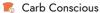
Melted mozzarella, cream cheese, spinach & artichokes form a delicious centre in these stuffed chicken breasts, which are oven-roasted until golden. Complemented perfectly by roasted pesto-tossed beetroot, and a crunchy spinach & cucumber salad.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure



Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

200g Beetroot
rinsed, trimmed, peeled
(optional) & cut into
bite-sized pieces

40ml Low Fat Cottage Cheese

40g Spinach rinsed & shredded

40g Artichoke Hearts

drained & cut into quarters

30g Grated Mozzarella Cheese

5ml Dried Chilli Flakes

1 Free-range Chicken Breast

20ml Pesto Princess Red Pepper Pesto

Cucumber

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper

Water

50g

Toothpicks

Cling Wrap
Paper Towel

1. READY THE ROAST Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. START THE STUFFING In a bowl, combine the cottage cheese, $\frac{1}{2}$ the shredded spinach, the quartered artichokes, the grated cheese, $\frac{1}{2}$ the chilli flakes (to taste), a drizzle of oil, and seasoning. Set aside.

3. DELISH CHICKEN Pat the chicken breast dry with paper towel and place on a chopping board. Using a sharp knife, slice into one side of the chicken, starting at the thicker end and ending at the thin side (do not cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Season the inside of the chicken. Spread some spinach filling onto one side of the chicken. Fold the other side over the filling and secure with toothpicks so it stays closed.

4. PESTO DRIZZLE In a small bowl, mix ½ the red pesto with water in 5ml increments until drizzling consistency. Set aside.

5. INTO THE OVEN Place the stuffed chicken on a separate roasting tray. Coat the outside with a drizzle of oil and seasoning. Roast in the oven until cooked through, 15-20 minutes. Remove the toothpicks and discard before serving.

6. GREEN SALAD Once the beetroot is done, toss through the remaining pesto and set aside. Place the cucumber half-moons into a salad bowl and toss with the remaining spinach, a drizzle of olive oil, and seasoning. Set aside.

7. GRAB THE PLATES! Make a bed of any remaining filling and top with the stuffed chicken. Side with the pesto-tossed beetroot and the cucumber salad. Drizzle over the loosened red pesto and scatter with the remaining chilli flakes (to taste) for more spice.



Air fryer method: Coat the beetroot pieces in oil and seasoning. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	340k
Energy	81kca
Protein	9.3g
Carbs	49
of which sugars	1.3g
Fibre	1.5g
Fat	2.49
of which saturated	1.1ç
Sodium	159mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook within 3 Days