



UCOOK

Hearty Hasselback Chicken

with a ricotta, fresh basil & lemon stuffing

Juicy roast chicken breast infused with the fresh flavours of a creamy and tangy stuffing. A jumble of ancient grains, spinach, roast chickpeas and tomatoes complete this meal for whole-hearted warmth and nourishment.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Emma Dittmer

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Sauvignon Blanc

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Ingredients & Prep

120g	Chickpeas <i>drained & rinsed</i>
1	Plum Tomato <i>cut into thick wedges</i>
5ml	NOMU Spanish Rub
90ml	Ancient Grain Mix <i>(30ml Bulgur Wheat, 30ml Millet & 30ml White Quinoa)</i>
50g	Ricotta
4g	Fresh Basil <i>rinsed & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
1	Free-range Chicken Breasts
15ml	Dijon Dressing <i>(10ml Honey & 5ml Dijon Mustard)</i>
20g	Spinach <i>rinsed</i>
80g	Guacamole

From Your Kitchen

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

1. ROAST TOMS & CHICKPEAS Preheat the oven to 200°C. Place the drained chickpeas and tomato wedges on a roasting tray. Coat in oil, seasoning, and the Spanish rub (to taste). Spread out in a single layer and roast in the hot oven for 20-25 minutes until the chickpeas are crispy and the tomatoes have blistered, shifting halfway.

2. GROOVY GRAINS Place a pot over a medium heat. When hot, toast the grains for 1-3 minutes, shifting occasionally. Pour in 150ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the grains are cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Replace the lid and keep warm until serving.

3. DAVID HASSELBACK Combine the ricotta and $\frac{3}{4}$ of the chopped basil in a bowl. Add some lemon zest, seasoning, and mix well. Pat the chicken breast dry with some paper towel and place on a chopping board. Using a sharp knife, make little pockets for the stuffing by cutting 3 or 4 horizontal incisions along the width of the breast, about one finger apart. (Don't cut all the way through!) Season the flesh, including inside the incisions. Fill each incision with about 1 tsp of ricotta filling – don't worry if it spills out. Place the stuffed breast on a lightly greased baking tray and drizzle over some oil. Bake in the hot oven for 20 minutes until cooked through and golden.

4. GRAIN SALAD Combine the Dijon dressing in a bowl with the juice from 1 lemon wedge and seasoning. When the chickpeas and tomatoes are ready, remove from the oven and allow to cool for 5 minutes before adding the cooked grains and rinsed spinach to the tray. If the tray isn't big enough, simply transfer its contents to a salad bowl and then add in the grains and spinach. Toss until the spinach is wilted. Be careful if your roasting tray is still hot! Toss through the Dijon dressing (to taste) and any leftover ricotta stuffing.

5. HASSLE-FREE! Make a bed of jam-packed ancient grains and place the hasselback chicken on top. Sprinkle over the remaining fresh basil and lemon zest to taste. Dollop over the guacamole and serve! Delish!

Nutritional Information

Per 100g

Energy	600kj
Energy	143Kcal
Protein	9.7g
Carbs	14g
of which sugars	3.1g
Fibre	3g
Fat	5g
of which saturated	1.4g
Sodium	64mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days