



UCOOK

Strandveld's Hasselback Chicken

with a charred stone fruit & almond brittle salad

This bound-to-be-a-classic features a chicken breast that is hasselbacked and stuffed with fresh tomato & mozzarella. Served with oven-roasted carrot wedges and a showstopping salad featuring charred stone fruit, sun-dried tomatoes, fresh basil, and almond brittle.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Strandveld Winery

Quick & Easy

 Strandveld | First Sighting Rosé

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Ingredients & Prep

10g	Almonds <i>roughly chopped</i>
5ml	Honey
240g	Carrot <i>rinsed, trimmed, peeled & cut into wedges</i>
40g	Mozzarella Cheese
1	Tomato
1	Stone Fruit
20g	Salad Leaves
30g	Sun-dried Tomatoes
3g	Fresh Basil
1	Free-range Chicken Breast
10ml	NOMU Italian Rub
25ml	Balsamic Dressing <i>(10ml Balsamic Reduction & 15ml Lemon Juice)</i>

From Your Kitchen

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

1. ALMOND BRITTLE Place the chopped almonds in a pan over medium heat. Toast until turning brown, 2-4 minutes (shifting occasionally). Add 10g of butter and the honey. Allow to caramelise, 2-3 minutes. Try not to let it over-boil or it will burn. Once golden in colour and the bubbles subside, pour onto a greased tray and place in the fridge to cool. Break into bite-sized pieces just before serving.

2. ROAST CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

3. PREP STEP While the carrot wedges are roasting, slice the cheese. Rinse and slice the tomato into half-moons. Rinse and cut ½ of the stone fruit into wedges, discarding the pip. Rinse and roughly shred the salad leaves. Drain and roughly chop the sun-dried tomatoes. Rinse, pick, and roughly tear the basil.

4. HASSELBACK CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Using a sharp knife, cut little pockets for the stuffing by cutting 3 or 4 incisions at the top of the chicken, about one finger apart (be careful not to cut all the way through to the bottom). Coat the chicken (including the inside of the pockets) in oil, the NOMU rub, and seasoning. Fill each pocket with the tomato half-moons and the cheese slices. Place the stuffed chicken on a lightly greased baking tray. Bake in the oven until golden and cooked through, about 20 minutes.

5. STUNNING SALAD Place a pan or griddle pan over high heat. When hot, fry the stone fruit wedges until charred, 1-2 minutes. In a salad bowl, combine the shredded salad leaves, the chopped sun-dried tomatoes, the charred stone fruit, and ½ the torn basil. Toss through the balsamic dressing.

6. WOW, CHEF! Plate up the stuffed hasselback chicken and the carrot wedges. Serve the stone fruit salad alongside, sprinkled with the almond brittle. Garnish with the remaining basil.



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	382kj
Energy	91kcal
Protein	7.1g
Carbs	9g
of which sugars	6.5g
Fibre	1.8g
Fat	3.2g
of which saturated	1g
Sodium	82mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days