



UCCOOK

Golden Caprese Chicken

with bocconcini balls

Hands-on Time: 20 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 339kj | 2013kj |
| Energy | 81kcal | 482kcal |
| Protein | 7.7g | 45.7g |
| Carbs | 6g | 34g |
| of which sugars | 2g | 10g |
| Fibre | 1g | 8g |
| Fat | 2.5g | 14.8g |
| of which saturated | 1g | 6g |
| Sodium | 98mg | 581.2mg |

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | 400g | Butternut Chunks |
| 1 | 1 | Onion <i>peel & cut ½ [1] into wedges</i> |
| 80g | 160g | Baby Tomatoes <i>rise & cut into quarters</i> |
| 30g | 60g | Pitted Kalamata Olives <i>drain & roughly slice</i> |
| 2 | 4 | Bocconcini Balls <i>drain & cut into quarters</i> |
| 5ml | 10ml | Balsamic Vinegar |
| 1 | 2 | Free-range Chicken Breast/s |
| 5ml | 10ml | NOMU Italian Rub |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. BUTTERNUT & ONION Preheat the oven to 200°C. Spread the butternut and onion on a roasting tray. Lightly coat in cooking spray. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. BOCCONCINI SALAD In a bowl, toss together the baby tomatoes, the olives, the bocconcini balls and the balsamic vinegar. Season and set aside.

3. NOMU-SPICED CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly and coat it in the NOMU rub. Place a pan over medium heat and lightly add cooking spray. When hot, fry the chicken until browned and cooked through, 1 minute a side.

4. BEAUTIFUL WORK! Plate up your salad leaves. Top with balsamic marinated mixture. Side with the roasted veg and the butterflied chicken.