



WCOOK

Mushroom Gem Squash & Cheesy Chicken

with a fresh tangy salad

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info	Per 100g	Per Portion
Energy	304kj	2043kj
Energy	73kcal	489kcal
Protein	7.9g	53.1g
Carbs	3.4g	23.2g
of which sugars	1.8g	11.9g
Fibre	1.4g	9.5g
Fat	3.2g	21.2g
of which saturated	1.1g	7.4g
Sodium	75mg	504mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Gem Squash <i>rinse, halve & deseed</i>
10g	20g	Sunflower Seeds
125g	250g	Button Mushrooms <i>wipe clean & cut into quarters</i>
1	2	Free-range Chicken Breast/s
40g	80g	Mozzarella Cheese <i>grate</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
10ml	20ml	Red Wine Vinegar
3g	5g	Fresh Chives <i>rinse & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. WHAT A GEM Preheat the oven to 200°C. Place the gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes. At the halfway mark, pop a small knob of butter into each half and return to the oven for the remaining time.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. MMMUSHROOMS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

4. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

5. GRILLED CHEESE Use two forks (one to secure the chicken and the other to shred) and gently shred the chicken. Mix with the mushrooms. Stuff the gem squash cups with the chicken filling, and scatter over the cheese. Return to the oven and grill until the cheese has melted and lightly golden, 4-6 minutes.

6. TANGY, NUTTY SALAD To a bowl, add the leaves, cucumber, sun-dried tomato, and the sunflower seeds. Toss through the vinegar, a drizzle of olive oil, and seasoning.

7. TIME TO ENJOY Plate up the stuffed gem squash and garnish with the chives, and side with the tangy salad.