

U COOK

Spinach & Artichoke Stuffed Chicken

with red pepper pesto & roasted beetroot

Hands-on Time: 35 minutes

Overall Time: 50 minutes

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

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	383kJ 92kcal	2081kJ 498kcal
Protein	9.7g	52.7g
Carbs	5g	29g
of which sugars	2g	12g
Fibre	2g	10g
Fat	3.6g	19.5g
of which saturated	1.3g	6.8g
Sodium	231.3mg	1257mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1 [Serves 2]

20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
30ml	60ml	Low Fat Cottage Cheese
20g	40g	Salad Leaves <i>rinse & shred</i>
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU Italian Rub
30g	60g	Grated Mozzarella Cheese
40g	80g	Artichoke Quarters <i>drain & roughly chop</i>
20g	40g	Spinach <i>rinse & shred</i>
20ml	40ml	Pesto Princess Red Pepper Pesto
5ml	10ml	Dried Chilli Flakes
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>

1. READY THE ROAST Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly coat with cooking spray and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

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

3. DELISH CHICKEN Pat the chicken breast/s 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 the spinach filling onto one side of the chicken. Fold the other side over the filling and secure with toothpicks so it stays closed. Coat the breast in the NOMU rub and seasoning. [\[Repeat with the remaining breast.\]](#)

4. PESTO DRIZZLE In a small bowl, mix $\frac{1}{2}$ the red pepper pesto with water in 5ml increments until drizzling consistency. Set aside.

5. INTO THE OVEN Place the stuffed chicken on a separate, lightly greased roasting tray. Roast in the oven until cooked through, 15-20 minutes. Alternatively, air fry the chicken at 200°C for 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 sun-dried tomatoes into a salad bowl and toss with the salad leaves. 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 salad. Drizzle over the loosened red pesto and scatter with the remaining chilli flakes (to taste) for more spice.

From Your Kitchen

Cooking Spray

Seasoning (Salt & Pepper)

Water

Paper Towel

Toothpicks (optional)

Cling Wrap