

UCOOK

Melted Mozzarella & Tomato Chicken

with pumpkin mash & basil pesto


The best chicken & cheese combo you will ever taste has arrived! It has a deliciously crispy almond flour coating and is smothered in a rich tomato sauce with mozzarella melted over the top. Sided with creamy pumpkin mash and a fragrant basil pesto, this dish is the definition of classic comfort food!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Ella Nasser

 Carb Conscious

 Creation Wines | Creation Chardonnay

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Ingredients & Prep

800g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
405ml	Cheesy Crumb <i>(240ml Almond Flour, 125ml Grated Italian-style Hard Cheese & 40ml NOMU Italian Rub)</i>
600g	Free-range Chicken Mini Fillets <i>pat dry</i>
400g	Cooked Chopped Tomato
2	Garlic Cloves <i>peeled & grated</i>
120g	Grated Mozzarella
80g	Salad Leaves <i>rinsed & roughly shredded</i>
80g	Radish <i>rinsed & sliced into thin rounds</i>
15g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
80ml	Pesto Princess Basil & Lemon Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s
Milk (optional)
Butter

1. PUMPKIN MASH Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place the roasted pumpkin in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. PREP STEP Whisk 2 eggs in a shallow dish with a splash of water. Prepare a second shallow dish containing the cheesy crumb and seasoning. Coat the chicken in the egg mixture, and then in the crumb. Set aside. In a bowl, combine the cooked chopped tomato, the grated garlic (to taste), and seasoning.

3. CHEESY CHICKY Place a pan over medium-high heat with enough oil to cover the base. When hot, add the crumbed chicken and fry until golden, 1-2 minutes per side. You may need to do this step in batches. Drain on paper towel and place on a greased baking tray. Top the crumbed chicken with the garlicky cooked chopped tomato and the grated mozzarella. Set the oven to grill and bake for 2 minutes until the cheese is melted, and the chicken is cooked through.

4. SIDE SALAD In a bowl, combine the rinsed shredded salad leaves, the sliced radish, ½ the chopped oregano, a drizzle of olive oil, and seasoning.

5. YUM, YUM, YUMMY! Plate up the pumpkin mash. Side with the chicken parm. Dollop over the pesto and sprinkle with the remaining oregano. Serve the salad on the side. Dig in, Chef!



Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the cooked pumpkin in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

Nutritional Information

Per 100g

Energy	508kj
Energy	121kcal
Protein	9.9g
Carbs	7g
of which sugars	2.4g
Fibre	2.3g
Fat	6.3g
of which saturated	1.6g
Sodium	180mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 2
Days