



UCCOOK

Haute Cabrière Chicken & Pesto Bowl

with coriander chilli pesto

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Haute Cabrière

Wine Pairing: Haute Cabrière | Tranquille Classique

Nutritional Info

	Per 100g	Per Portion
Energy	328kJ	2147kJ
Energy	78kcal	514kcal
Protein	6.6g	43g
Carbs	5g	30g
of which sugars	2.1g	13.6g
Fibre	1.3g	8.8g
Fat	3.5g	23g
of which saturated	0.5g	3.3g
Sodium	49mg	324mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
3	4	Tomatoes <i>rinse & cut into wedges</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
3	4	Free-range Chicken Breasts
120g	160g	Kale <i>rinse & roughly shred</i>
150ml	200ml	Creamy Pesto <i>(60ml [80ml] Coriander & Chilli Pesto, 90ml [120ml] Mayonnaise</i>
7.5ml	10ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the cauliflower on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway). At the halfway mark, add the onion and tomato wedges, and roast for the remaining time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway). ☐☐☐

2. COOK THE CHICKEN Place a pan (with a lid) over 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). ☐☐☐

3. MAKE THE KALE Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium heat. When hot, fry the kale until slightly wilted, 3-5 minutes. Remove from the pan and cover. ☐☐☐

4. ZESTY PESTO In a bowl, combine the creamy pesto and lemon juice until fully emulsified. Season and set aside. ☐☐☐

5. MOUTHWATERING MEAL Bowl up the kale and top with the grilled chicken breast with the pesto mayo mixture drizzled over. Place the mixed roasted veggies alongside the grilled chicken breast. Enjoy, Chef! ☐☐☐