



UCOOK

Herby Chicken & DIY Lemon Jam

**with a roasted butternut, feta & pumpkin
seed salad**

The thought of making your own jam can be daunting, but we make it as easy as ever with this beautiful lemon jam! It's served alongside succulent pan-fried chicken breast and a roasted butternut salad. Fresh, easy, and delicious!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Robertson Winery | Sauvignon Blanc

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
2	Lemons <i>cut into wedges</i>
1	Onion <i>¼ peeled & finely sliced</i>
12,5ml	Balsamic-Dijon <i>(10ml Balsamic Vinegar & 2,5ml Dijon Mustard)</i>
100ml	Brown Sugar
10g	Pumpkin Seeds
1	Free-range Chicken Breast
5ml	NOMU Provençal Rub
20g	Green Leaves <i>rinsed</i>
40g	Danish-style Feta <i>drained</i>
3g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. READY THE ROAST Preheat the oven to 200°C. Place the butternut pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. IN A JAM Remove the skin from the lemon wedges. Finely chop the flesh and discard the pips. Place a pot over a medium-high heat. Add the chopped lemon flesh, the sliced onions, the balsamic-Dijon, the sugar, and 100ml of water. Leave to simmer for 10-15 minutes until the sugar has dissolved and the lemon flesh has softened. Remove from the heat and place in a bowl. Set aside to cool and thicken in the fridge for at least 8-12 minutes. On completion, it should be a jam-like consistency.

3. WHAT YOU SEED IS WHAT YOU GET Place the pumpkin seeds in a pan, with a lid, over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion.

4. CHEEKY CHICKEN When the butternut has 10 minutes remaining, return the pan to a medium heat with a drizzle of oil. Pat the chicken breast dry with some paper towel. When the pan is hot, fry the chicken on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the heat on completion and rest in the pan for 5 minutes before slicing and seasoning.

5. ALL TOGETHER NOW In a salad bowl, add the roasted butternut, the toasted pumpkin seeds, the rinsed green leaves, seasoning, and a drizzle of oil. Crumble in the drained feta and toss until fully combined.

6. LET'S EAT! Dish up the roasted butternut salad. Side with the tender slices of chicken and dollop over the lemon-onion jam. Garnish with the chopped chives. Stunning, Chef!



Chef's Tip

You can use our simple lemon jam method with a variety of other fruits! Simply sub out the lemon for any fruit of your choosing. We recommend orange, strawberry or raspberry!

Nutritional Information

Per 100g

Energy	544kJ
Energy	130Kcal
Protein	7g
Carbs	19g
of which sugars	14g
Fibre	1.8g
Fat	2.7g
of which saturated	1.3g
Sodium	108mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days