



UCCOOK

Jalapeño Popper Stuffed Chicken

with sun-dried tomatoes & cream cheese

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Painted Wolf Wines | The Pack Viognier

Nutritional Info	Per 100g	Per Portion
Energy	645kJ	4473kJ
Energy	154kcal	1070kcal
Protein	8.8g	60.9g
Carbs	18g	124g
of which sugars	2.9g	19.9g
Fibre	3.1g	21.7g
Fat	5.4g	37.4g
of which saturated	1.1g	7.5g
Sodium	186mg	1289mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Sun-dried Tomatoes <i>finely chop</i>
90ml	125ml	Cream Cheese
30g	40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
8g	10g	Fresh Chives <i>rinse & roughly chop</i>
150ml	200ml	Couscous
3	4	Free-range Chicken Breasts
105ml	140ml	Spiced Flour <i>(90ml [120ml] Cake Flour & 15ml [20ml] Old Stone Mill Mexican Spice)</i>
150g	200g	Corn Flakes <i>crush</i>
120g	160g	Corn
180g	240g	Red Kidney Beans <i>drain & rinse</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
2 packs	2 packs	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Egg/s
Cling Wrap
Toothpick (optional)
Paper Towel

1. CHEESY CHILLI & COUSCOUS Boil the kettle. To a bowl, add the sun-dried tomatoes, the cream cheese, the jalapeños, ½ the chives and seasoning. Mix to combine and set aside. Place the couscous in a bowl with 150ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. STUFF THE CHICKEN Pat the chicken breasts 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 tomato-jalapeño filling onto one side of the breast. Fold the other side over the filling and secure with toothpicks so it stays closed. [Repeat this with the remaining breasts].

3. SPICY CRUMBED CHICKEN Whisk 2 eggs in a bowl. Prepare two shallow dishes: one containing the spiced flour (seasoned lightly), and one containing the Cornflake crumb. Coat the stuffed chicken in the seasoned flour, dusting off any excess. Coat in the whisked egg, and lastly, the crumb. Repeat this with the remaining breasts. Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the chicken until golden, 4-5 minutes per side. Remove from the pan and rest for 5 minutes before slicing. Alternatively, air fry at 200°C until crispy and cooked through, 5-7 minutes. Remove from the air fryer, slice, and season.

4. LOADED COUSCOUS To a small bowl, add the corn, the kidney beans, the tomatoes, the couscous, the remaining chives, olive oil and seasoning. Set aside.

5. WINNER CHICKEN DINNER Make a bed of the loaded couscous salad. Top with the chicken and dollop over the guac. Get munching, Chef!