

# 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!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes


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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Carb Conscious

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 Creation Wines | Creation Chardonnay

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## Ingredients & Prep

200g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
100ml	Cheesy Crumb <i>(60ml Almond Flour, 30ml Grated Italian-style Hard Cheese &amp; 10ml NOMU Italian Rub)</i>
150g	Free-range Chicken Mini Fillets <i>pat dry</i>
100g	Cooked Chopped Tomato
1	Garlic Clove <i>peeled &amp; grated</i>
30g	Grated Mozzarella
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
20g	Radish <i>rinsed &amp; sliced into thin rounds</i>
4g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
20ml	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, 25-30 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 1 egg 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. 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