



U C O O K

— COOKING MADE EASY

Nourishing Pesto Chicken

with a roast butternut, baby tomato & quinoa salad

It's as wholesome as it is delish! A crispy-skinned breast, basted with rich basil pesto and set atop quinoa, roast butternut, blistered baby tomatoes, and spinach. Sprinkled with pumpkin seeds, creamy feta, and fresh parsley.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tess Witney

 **Easy Peasy**

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Ingredients & Prep

250g	Butternut <i>peeled & cut into bite-size chunks</i>
100g	Baby Tomatoes <i>rinsed</i>
75ml	White Quinoa
10g	Pumpkin Seeds
1	Free-Range Chicken Breast (skin on)
25ml	Pesto Princess Basil Pesto
20g	Baby Spinach <i>rinsed</i>
15ml	Balsamic Vinegar
40g	Danish-Style Feta <i>drained</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GET ROASTIN' Preheat the oven to 180°C. Place the butternut chunks and rinsed baby tomatoes in a deep roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes, shifting halfway. On completion, the butternut should be cooked through and the tomatoes should have blistered.

2. PUT THE QUINOA ON Rinse the quinoa and place in a pot. Submerge in 200ml of water, place over a medium-high heat, and bring to a simmer uncovered. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. POPPIN' SEEDS Place a pan (that has a lid) over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. PESTO CHICKEN When the roast is about halfway, return the pan to a medium heat with a drizzle of oil. Pat the chicken breast dry with some paper towel and season. When the pan is hot, fry the chicken skin-side down for 6-8 minutes until crispy. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. On completion, add three-quarters of the basil pesto and a knob of butter, and baste the chicken for about a minute. Remove from the heat and set aside to rest in the pan for 5 minutes before slicing, reserving the pan juices.

5. TOSS THE SALAD When the roast is ready, remove the tray from the oven and stir through the cooked quinoa and rinsed baby spinach. If your tray isn't big enough, simply transfer its contents to a salad bowl and then add in the quinoa and baby spinach. Toss together until the baby spinach is wilted, allowing the tomatoes to split open and smooch with the quinoa. Be careful, the roasting tray will be hot! Pour over balsamic vinegar (to taste) and crumble in three-quarters of the drained feta. Toss again and season to taste.

6. TIME TO DEVOUR! Plate up a generous heap of loaded quinoa and top with the slices of pesto chicken. Dollop with the remaining pesto and drizzle over the pan juices to taste. Garnish with the remaining feta, the toasted pumpkin seeds, and the chopped parsley. Delish, Chef!



Chef's Tip

Butternut contains high levels of vitamin C, vitamin E, and beta-carotene – all antioxidants that reduce inflammation and cell damage. With its naturally sweet flavour, butternut is delicious roasted, steamed, mashed with butter or coconut oil, or even grated and made into fritters!

Nutritional Information

Per 100g

Energy	632kJ
Energy	151Kcal
Protein	8.3g
Carbs	12g
of which sugars	1.9g
Fibre	1.9g
Fat	7.2g
of which saturated	2.2g
Sodium	107mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days