

UCCOOK

Red Pepper Pesto Chicken Bowl

with red pepper pesto

Hands-on Time: 30 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	405kJ	2006kJ
Energy	97kcal	480kcal
Protein	8.2g	40.7g
Carbs	4g	20g
of which sugars	2g	11g
Fibre	1g	6g
Fat	4.7g	23.4g
of which saturated	1.6g	7.9g
Sodium	164mg	811.9mg

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

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Baby Marrow Rounds
2	2	Onions <i>peel & finely dice 1½ [2]</i>
450g	600g	Free-range Chicken Mince
15ml	20ml	NOMU Italian Rub
90ml	125ml	Pesto Princess Red Pepper Pesto
30ml	40ml	Lemon Juice
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
8g	10g	Fresh Parsley <i>rinse & finely chop</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
75g	100g	Italian-style Hard Cheese <i>peel into ribbons</i>

From Your Kitchen

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

1. MMMINCE Place a pan over medium heat with a light drizzle of oil. When hot, fry the baby marrow until charred, 3-4 minutes. Remove from the pan and season. Return the pan to medium-high. Fry ½ the onion until golden, 6-7 minutes (shifting occasionally). Add the mince and the NOMU rub and fry until browned, 3-4 minutes, working quickly to break it up as it starts to cook. Remove from the heat and season.

2. LEMONY PESTO In a small bowl, add the red pepper pesto and the lemon juice (to taste). Loosen with water in 5ml increments until drizzling consistency.

3. FRESH SALAD In a salad bowl, add the remaining onion, the tomato, ½ the lemony pesto and ½ the parsley. Mix through the mince, season, and set aside.

4. PRETTY PESTO BOWL Make a bed of the salad leaves, topped with the loaded mince. Drizzle over the remaining pesto and garnish with the remaining parsley. Finish your dinner off with the cheese ribbons and dig in, Chef!