



U C O O K

— COOKING MADE EASY

HEARTY HASSELBACK CHICKEN

with a ricotta, fresh basil & lemon stuffing

Juicy roast chicken breast, infused with the fresh flavours of a creamy, tangy stuffing. With a jumble of red quinoa, baby spinach, and roast chickpeas and tomatoes for whole-hearted warmth and nourishment.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Emma Dittmer



Health Nut

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Ingredients & Prep

120g	Chickpeas <i>drained & rinsed</i>
100g	Baby Tomatoes <i>rinsed & halved</i>
5ml	NOMU Spanish Rub
75ml	Red Quinoa
50g	Ricotta Cheese
4g	Fresh Basil <i>rinsed & roughly chopped</i>
1	Lemon <i>one half zested & cut into wedges</i>
1	Free-Range Chicken Breast
1	Avocado
20g	Baby Spinach <i>rinsed</i>
15ml	Dijon Dressing <i>(10ml Honey & 5ml Dijon Mustard)</i>

From Your Kitchen

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

1. ROAST TOMATOES & CHICKPEAS Preheat the oven to 200°C. Place the drained chickpeas and halved baby tomatoes on a roasting tray. Coat in oil, some seasoning, and the Spanish Rub to taste. Spread out in a single layer and roast in the hot oven for 20-25 minutes until the chickpeas are crispy and the tomatoes have blistered, shifting halfway.

2. COOK THE QUINOA Rinse the quinoa and place in a pot. Submerge in 200ml of water and place over a medium-high heat. Bring to a simmer with the lid off. 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 set aside to keep warm.

3. HASSELBACK Combine the ricotta and three-quarters of the chopped basil in a bowl. Add some lemon zest and seasoning to taste and mix well. Pat the chicken breast dry with some paper towel and place on a chopping board. Using a sharp knife, make little pockets for the stuffing by cutting 3 or 4 horizontal incisions along the width of the breast, about one finger apart. (Don't cut all the way through!) Season the flesh, including inside the incisions. Fill each incision with about 1 tsp of ricotta filling – don't worry if it spills out. Place the stuffed breast on a lightly greased baking tray and drizzle over some oil. Bake in the oven for 20 minutes until cooked through and golden.

4. AVO SALSA Halve the avocado and set aside the half containing the pip for another meal. Scoop out the flesh from the remaining half and cut into cubes. Squeeze over some lemon juice and season to taste. Set aside for serving.

5. QUINOA SALAD Combine the Dijon Dressing in a bowl with the juice from 1 lemon wedge and season to taste. When the chickpeas and tomatoes are ready, remove from the oven and allow to cool for 5 minutes before adding the cooked quinoa and rinsed baby spinach to the tray. If the 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. Be careful if your roasting tray is still hot! Toss through the dijon dressing (to taste) and any leftover ricotta stuffing.

6. HASSLE-FREE HASSELBACK! Make a bed of jam-packed quinoa. Place the hasselback chicken on top and fleck with the avocado salsa. Sprinkle with the remaining fresh basil and lemon zest to taste. Delish!



Chef's Tip

Quinoa is a great high-protein, high-fiber alternative to other grains. Plus, it's high in magnesium, which helps to produce red blood cells. Mix things up by using quinoa as a starch instead of rice, pasta, or potato. It can also be eaten cool – as a hearty addition to a salad.

Nutritional Information

Per 100g

Energy	601kJ
Energy	144Kcal
Protein	10.2g
Carbs	15g
of which sugars	2.9g
Fibre	3.3g
Fat	4.7g
of which saturated	1.2g
Sodium	99mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days