



UCCOOK

Grilled Pepper Chicken & Roasted Veg

with **crispy chickpeas**

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Nitida | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	464kJ	3040kJ
Energy	111kcal	727kcal
Protein	8g	52.5g
Carbs	8g	51g
of which sugars	2.5g	16.5g
Fibre	2g	13.4g
Fat	4.9g	32.4g
of which saturated	1g	6.8g
Sodium	103mg	676mg

Allergens: Cow's Milk, Allium, Tree Nuts

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut into wedges</i>
180g	240g	Chickpeas <i>drain & rinse</i>
30g	40g	Walnuts <i>roughly chop</i>
3	4	Free-range Chicken Breasts
30ml	40ml	Crushed Black Peppercorns
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Danish-style Feta <i>drain</i>
125ml	160ml	Pesto Princess Coriander & Chilli Pesto

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the pumpkin, and the onion on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). When the roast has reached the halfway mark, coat the chickpeas in oil, and seasoning. Scatter the chickpeas over the pumpkin and onion and roast until golden and crispy, 12-15 minutes.

2. TOASTED NUTS Place the walnuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BUTTERY CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter, and the peppercorns. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. PREP STEP To a bowl, add the salad leaves, the nuts, the feta, a drizzle of olive oil, and seasoning. In a separate bowl, loosen the pesto with water in 5ml increments until drizzling consistency. Set aside.

5. SET THE TABLE Dish up the pepper chicken. Side with the veggies and the salad. Finish off with drizzles of the pesto. Enjoy, Chef.