



UCOOK

Pesto Stuffed Chicken

with pumpkin mash, green beans & a cheesy crumb

A golden roasted, mozzarella and basil pesto stuffed chicken breast? Crumbed with toasty quinoa and cheese? Accompanied by a pumpkin mash and lemony green beans? Some crunchy leaves and fresh parsley? Yes, you're in for the yummiest of yum!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Siphokazi Mdlankomo

♥ Health Nut

🍷 Warwick Wine Estate | Professor Black
Sauvignon Blanc

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Ingredients & Prep

750g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
120g	Grated Mozzarella
45ml	Pesto Princess Basil Pesto
3	Free-range Chicken Breasts
192,5ml	Cheesy Crumb <i>(170ml Quinoa Flakes & 22,5ml Grated Italian-style Hard Cheese)</i>
3	Garlic Cloves <i>peeled & grated</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
2	Lemons <i>1½ zested & cut into wedges</i>
60g	Green Leaves <i>rinsed</i>
240g	Green Beans <i>rinsed, trimmed & halved</i>

From Your Kitchen

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

1. PEPPY PUMPKIN Preheat the oven to 200°C. Boil the kettle. Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the pumpkin chunks in a colander over the pot. Allow to steam covered for 25-30 minutes until cooked through and soft. Alternatively, you can use a steamer if you have one.

2. CHEESY CHICKEN Mix the grated mozzarella and basil pesto together in a medium-sized bowl. Pat the chicken dry with a paper towel. Cut a pocket horizontally in each of the chicken breasts and season the inside of each pocket with salt and pepper. Spoon the mozzarella and pesto mixture into each pocket. Season the outside of the chicken, drizzle with olive oil and coat evenly. In a small bowl combine the cheesy crumb, grated garlic, ¾ of the chopped parsley, 60ml of oil and some lemon zest to taste. Spread the mixture on top of each chicken breast.

3. HOT & PREPPED Place the chicken breasts on a roasting tray, and roast in the hot oven for 25-30 minutes until cooked through and the crumb is browning. Place the rinsed green leaves in a salad bowl and toss with a drizzle of oil. Season to taste.

4. BLAZING BEANS Place a pan over a medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans for 5-6 minutes until cooked al dente. Toss with a drizzle of oil, a squeeze of lemon juice and seasoning to taste. Remove from the pan on completion and cover to keep warm.

5. MARVELOUS MASH When the pumpkin is cooked, discard the water and place into the pot. Add a knob of butter (optional) or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until smooth and combined. Season to taste.

6. DELICIOUS! Plate the succulent flavour-packed chicken breasts with a helping of creamy pumpkin mash. Pile up the dressed leaves and top with the lemony green beans. Sprinkle over the remaining chopped parsley and serve any remaining lemon wedges on the side. Dig in, Chef!



Chef's Tip

To get the pumpkin to cook evenly and quicker, the best advice: chop in the most uniform pieces you can! The thicker the veggie, the longer it will take to cook.

Nutritional Information

Per 100g

Energy	491kJ
Energy	117Kcal
Protein	9.3g
Carbs	11g
of which sugars	2.4g
Fibre	2.5g
Fat	4.2g
of which saturated	1.4g
Sodium	62mg

Allergens

Egg, Dairy, Allium, Tree Nuts

Cook
within 2
Days