



UCOOK

Lemon-garlic Chicken

with creamy pumpkin mash & baby marrow salad

Perfectly pan fried chicken breast is infused with zesty lemon & garlic, and served alongside a sweet pumpkin mash. Sided with a charred baby marrow salad topped with toasted pecans. Look forward to vibrant flavours & pops of texture, Chef!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Jade Summers

 Carb Conscious

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

500g	Pumpkin Chunks <i>rinsed & cut into small bite-size pieces</i>
20g	Pecan Nuts
200g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>
2	Garlic Cloves <i>peeled & grated</i>
1	Lemon <i>rinsed & cut into wedges</i>
20ml	NOMU Provençal Rub
2	Free-range Chicken Breasts
40g	Green Leaves <i>rinsed</i>
60g	Sun-dried Tomatoes <i>drained & roughly chopped</i>

From Your Kitchen

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

1. PUMPKIN MASH Place the pumpkin pieces in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

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

3. CHARRED BABY MARROW Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until lightly charred and turning golden, 2-3 minutes (shifting occasionally). Remove from the pan and cover.

4. GOLDEN CHICKEN In a small bowl, combine the grated garlic, a generous squeeze of the lemon juice, and the NOMU rub. Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip and fry until cooked through, 2-4 minutes. In the final 1-2 minutes, baste the chicken with the garlic mixture. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. FRESH SALAD To a salad bowl, add a generous squeeze of lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Mix to combine. Add the rinsed green leaves, the chopped sun-dried tomatoes, the charred baby marrow, and the toasted nuts.

6. CLASSIC DINNER Plate up the pumpkin mash. Side with the sliced chicken and the baby marrow salad. Well done, Chef!

Nutritional Information

Per 100g

Energy	337kJ
Energy	81kcal
Protein	7.6g
Carbs	7g
of which sugars	3.3g
Fibre	2.4g
Fat	2.9g
of which saturated	0.5g
Sodium	96mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days