



# UCCOOK

## Parma-stuffed Chicken

with roasted carrot & Kalamata olives

**Hands-on Time:** 35 minutes

**Overall Time:** 60 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Creation Wines | Creation Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 491kJ    | 3199kJ      |
| Energy             | 117kcal  | 765kcal     |
| Protein            | 9.5g     | 61.8g       |
| Carbs              | 10g      | 62g         |
| of which sugars    | 3.3g     | 21.6g       |
| Fibre              | 1.5g     | 9.8g        |
| Fat                | 6.7g     | 44g         |
| of which saturated | 1.9g     | 12.1g       |
| Sodium             | 286mg    | 1868mg      |

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 720g     | 960g       | Carrot   |
| 8g       | 10g        | Fresh Chives   |
| 60g      | 80g        | Salad Leaves   |
| 60g      | 80g        | Pitted Kalamata Olives   |
| 60g      | 80g        | Danish-style Feta  |
| 150g     | 200g       | Cucumber   |
| 3        | 4          | Free-range Chicken Breasts   |
| 80g      | 80g        | Parma Ham  |
| 60g      | 80g        | Grated Mozzarella  |
| 120ml    | 160ml      | Italian Seasoned Flour<br>(105ml [140ml] Cake Flour<br>&(15ml [20ml] Nomu Italian<br>Rub)          |
| 180ml    | 240ml      | Cheese Crumb<br>(150ml [200ml] Panko<br>Breadcrumbs & (30ml [40ml]<br>Grated Italian-style Cheese) |
| 3 units  | 4 units    | UCOOK Honey Mustard<br>Dressing  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Cling Wrap  
Egg/s  
Paper Towel  
Toothpicks (optional)

**1. CRISP CARROT** Preheat the oven to 200°C. Rinse, trim, peel and cut the carrot into wedges. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. SOME PREP** Rinse and finely slice the chives, rinse the salad leaves, drain and halve the olives, drain and crumble the feta, rinse and cut the cucumber into half-moons. Set aside.

**3. BUTTERFLY CHICKEN** Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness.

**4. STUFFED CHICKEN** Place the flattened chicken breasts, cut-side down, on the chopping board and season. Cover with 3-4 slices of ham, leaving a small gap around the edges of each breast. Sprinkle over the mozzarella cheese. Lightly wet the edges of each breast with water, then dust with a little flour. Fold the breasts in half, so the ham and cheese are encased inside. Press the edges together to firmly seal. You may need to secure each breast closed with a few toothpicks.

**5. COAT & FRY** Whisk 2 eggs in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour and the other containing the cheese crumb and ½ the chives. Coat the stuffed breasts in the flour first, then in the egg, and, lastly, in the cheese crumbs. Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the coated breast until golden, 2-3 minutes per side. Remove from the pan and transfer to a roasting tray. Roast in the hot oven until cooked through, 8-10 minutes.

**6. TOSSED SALAD** In a salad bowl, combine the salad leaves, olives, feta, cucumber, a drizzle of olive oil, and seasoning.

**7. YUM!** Dish up the carrot wedges. Side with the stuffed chicken breast and the salad. Drizzle with the honey-mustard dressing (to taste). Garnish with the remaining chives.