



# 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:** 25 minutes

**Overall Time:** 35 minutes


---

**Serves:** 1 Person

---

**Chef:** Jade Summers

---

 Carb Conscious

---

 Vergelegen | Premium Chardonnay

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

250g	Pumpkin Chunks <i>rinsed &amp; cut into small bite-size pieces</i>
10g	Pecan Nuts
100g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
1	Garlic Clove <i>peeled &amp; grated</i>
1	Lemon <i>rinsed &amp; cut into wedges</i>
10ml	NOMU Provençal Rub
1	Free-range Chicken Breast
20g	Green Leaves <i>rinsed</i>
30g	Sun-dried Tomatoes <i>drained &amp; 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