

# UCCOOK

## Nitída's Herby Stuffed Chicken

with sun-dried tomatoes & mozzarella cheese

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Nitída Winery

**Wine Pairing:** Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	512kJ	2929kJ
Energy	122kcal	701kcal
Protein	9.2g	52.8g
Carbs	8g	47g
of which sugars	2.2g	12.3g
Fibre	1.5g	8.4g
Fat	5.6g	31.8g
of which saturated	1.4g	8.1g
Sodium	123mg	703mg

**Allergens:** Cow's Milk, Egg, Allium, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato Chunks
5ml	10ml	NOMU Italian Rub
10g	20g	Almonds <i>roughly chop</i>
100g	200g	Cauliflower & Broccoli Florets Mix <i>cut into bite-sized pieces</i>
1	2	Free-range Chicken Breast/s
15g	30g	Sun-dried Tomatoes <i>roughly chop</i>
30g	60g	Mozzarella Cheese <i>grate</i>
30ml	60ml	Pesto Princess Basil Pesto
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
10ml	20ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Cling Wrap  
Paper Towel  
Butter (optional)

**1. NOMU-SPICED POTATOES** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. ALL THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan, finely chop and set aside.

**3. BROCC THAT ROCKS** Return the pan to medium-high heat with a drizzle of oil or a knob of butter. Fry the broccoli and cauli until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

**4. STUFFED CHICKEN** Pat the chicken breast/s dry with paper towel and place on a chopping board. Using a sharp knife, slice into one side of the breast, starting at the thicker end and ending at the thinner point (be careful not to cut all the way through to the other side.) Open up the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness. Season the inside of the chicken. Place the sun-dried tomatoes and mozzarella inside the breast. Fold the other side of the breast over the filling to close it back up. Repeat with the remaining breast.

**5. ROAST UNTIL GOLDEN** Season the outside of the chicken and drizzle with oil. Place the stuffed chicken breast/s on a separate roasting tray and roast in the hot oven until cooked through and golden, 12-15 minutes.

**6. ZESTY VEGGIE SALAD** In a small bowl, loosen the pesto with water in 5ml increments until drizzling consistency. In a salad bowl, combine the salad leaves with the charred broccoli & cauli, the lemon juice (to taste), the remaining nuts, a drizzle of olive oil, and add seasoning. Set aside.

**7. PICTURE PERFECT** Plate up the cheesy stuffed chicken and side with the golden potatoes. Serve the charred veg salad alongside and drizzle with the loosened pesto.