



UCOOK

Spinach & Ricotta Hasselback Chicken

**with a roasted butternut and couscous
salad & mixed nuts**

This bound-to-be-a-classic features a chicken breast that is hasselbacked and stuffed with spinach & ricotta, then sprinkled with a grated Italian-style cheese crumb. Served with a roasted butternut couscous salad that brings a nutty, sweet taste to the table. A fancy yet simple dish that is sure to entice the tastebuds of any hungry eater!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Natalie Rohrs

 Adventurous Foodie

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

500g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
150ml	Whole Wheat Couscous
40g	Nut Mix <i>(20g Pecan Nuts & 20g Almonds)</i>
55ml	Cheesy Rub <i>(15ml NOMU Italian Rub & 40ml Grated Italian-style Hard Cheese)</i>
60g	Grated Cheddar Cheese
40g	Spinach <i>rinsed</i>
80g	Ricotta Cheese
2	Free-range Chicken Breasts
80g	Mixed Olives <i>(40g Pitted Kalamata Olives & 40g Pitted Green Olives)</i>
30ml	Red Wine Vinegar
40g	Salad Leaves <i>rinsed & roughly shredded</i>
160g	Baby Tomato Medley <i>cut in half</i>

From Your Kitchen

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

1. GO Preheat the oven to 200°C. Boil the kettle. Place the butternut chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through, shifting halfway. Using a bowl, submerge the couscous in 250ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Fluff up with the fork.

2. PREP Place the nut mix in a pan over medium heat. Toast for 3-5 minutes until brown. Remove from the pan and roughly chop. Set aside. In a small bowl, combine the cheesy rub, the grated cheddar cheese and seasoning.

3. STUFFING Return the pan to a medium-high heat with a drizzle of oil. When hot, add the rinsed spinach and sauté for 1-2 minutes or until wilted and all the excess liquid has evaporated. Remove from the pan and roughly chop. Place in a bowl along with the ricotta and seasoning. Mix until combined.

4. CHICKY Pat the chicken breasts dry with paper towel and place on a chopping board. Using a knife, make little pockets for the stuffing by cutting 3 or 4 horizontal incisions along the width of the breast, about one finger apart. (Don't cut all the way through!) Season and coat in oil. Fill each incision with about 1 tsp of the ricotta mix – don't worry if it spills out.

5. BAKE When the butternut has been roasting for 10 minutes, pop the hasselback chicken on the roasting tray with the butternut. Roast for the remaining time until cooked through. When the chicken has 10 minutes remaining, sprinkle the cheesy crumb over the chicken and put the oven on to grill setting or the highest temperature for the final 5 minutes.

6. SALAD Drain and halve the mixed olives. In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener of choice (to taste), and seasoning. Add the shredded salad leaves, the couscous, the roasted butternut, the halved olives, and the halved baby tomatoes. Toss until combined and set aside.

7. YUM Plate up the hasselback chicken. Side with the couscous salad. Sprinkle over the toasted nut mix.

Nutritional Information

Per 100g

Energy	559kj
Energy	134kcal
Protein	9.3g
Carbs	10g
of which sugars	1.8g
Fibre	2g
Fat	5.6g
of which saturated	1.8g
Sodium	154mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within 3
Days