



UCOOK

Bruschetta Chicken

with basil pesto, roasted beetroot & sour cream

Beautifully oven-roasted beetroot is sided with golden, pan-fried chicken topped with sour cream, basil pesto, caramelised onions, baby tomatoes, and a drizzle of balsamic reduction. Sided with a nutty salad and garnished with fresh oregano.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

200g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
10g	Almonds <i>roughly chop</i>
20ml	Sour Cream
80g	Baby Tomatoes <i>rinse & halve</i>
1	Onion <i>peel & roughly slice ½</i>
1	Free-range Chicken Breast
5ml	NOMU Italian Rub
20g	Salad Leaves <i>rinse & roughly shred</i>
20ml	Pesto Princess Basil Pesto
10ml	Balsamic Reduction
3	Fresh Oregano <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy and cooked through, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

2. TOAST & PREP Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, loosen the sour cream with a splash of water. Season and set aside. In a separate bowl, season the tomatoes.

3. GOLDEN ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until lightly golden, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. CHICKEN PREP Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the [each][#7DA0D7 chicken breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the [each][#7DA0D7 chicken breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Coat with oil, the NOMU rub, and seasoning.

5. CHARRED CHICKEN Return the pan to medium heat with a knob of butter. When hot, fry the chicken until lightly charred and cooked through, 2-3 minutes per side. Remove from the pan.

6. SOME FRESHNESS In a salad bowl, combine the leaves with a drizzle of olive oil, the toasted nuts, and seasoning.

7. DINNER IS READY Plate up the roasted beetroot and the fresh salad. Top with the chicken. Dollop over the sour cream & the basil pesto, sprinkle over the golden onions, and the tomatoes. Drizzle over the balsamic reduction. Garnish with the oregano. Look at you, Chef!

Nutritional Information

Per 100g

Energy	373kJ
Energy	89kcal
Protein	6.8g
Carbs	6g
of which sugars	3.1g
Fibre	1.6g
Fat	0.5g
of which saturated	0.8g
Sodium	96mg

Allergens

Cow's Milk, Egg, Allium, Sulphites, Tree Nuts

Eat
Within
3 Days