



# UCCOOK

## Stuffed Chicken & Blue Cheese Dressing

with roast beetroot & a fresh green salad

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Nitída | Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 517kJ    | 3164kJ      |
| Energy             | 124kcal  | 757kcal     |
| Protein            | 8.6g     | 52.9g       |
| Carbs              | 4g       | 25g         |
| of which sugars    | 1.4g     | 8.8g        |
| Fibre              | 1.3g     | 8g          |
| Fat                | 7.7g     | 47.2g       |
| of which saturated | 3.7g     | 22.6g       |
| Sodium             | 126mg    | 770mg       |

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |   |
|----------|------------|---|
| 600g     | 800g       | Beetroot<br><i>rinse, trim &amp; cut into bite-sized pieces</i> |
| 30g      | 40g        | Almonds<br><i>roughly chop</i>                                  |
| 300ml    | 400ml      | Cream Cheese  |
| 30ml     | 40ml       | Lemon Juice   |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                        |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>          |
| 3        | 4          | Free-range Chicken Breasts                                      |
| 60g      | 80g        | Green Leaves<br><i>rinse</i>                                    |
| 150g     | 200g       | Cucumber<br><i>rinse &amp; cut into half-moons</i>              |
| 150ml    | 200ml      | Blue Cheese Dressing  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Cling Wrap  
Paper Towel  
Seasoning (salt & pepper)

**1. BEGIN WITH BEETS** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

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

**3. CREAMY GOODNESS** In a small bowl, combine the cream cheese with ½ the lemon juice (to taste), the garlic, ½ the nuts, and ½ the parsley. Season and set aside.

**4. STUFFED CHICKEN** Pat the chicken breast 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 out 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. Smear the cream cheese mixture onto the one side of the breast. Fold the other side of the breast over the filling to close it back up.

**5. INTO THE OVEN** Season the outside of the chicken and drizzle with oil. Place the stuffed chicken breasts on a separate roasting tray and roast in the hot oven until cooked through, 12-15 minutes. In the final 8-10 minutes, turn the oven to grill or the highest setting, and grill until golden brown.

**6. FOR SOME FRESHNESS** In a bowl, combine the remaining lemon juice, a drizzle of olive oil, and a sweetener (to taste). Add the leaves, the cucumber, seasoning and toss to combine.

**7. YOUR LAST STEP? TO ENJOY!** Plate up the stuffed chicken breast and serve the beets alongside. Side with the green salad. Garnish with the remaining nuts and the remaining parsley. Drizzle over the blue cheese dressing and enjoy, Chef!