



UCOOK

Home-made Spinach Pesto & Chicken

with brown lentils & green beans

Make your own mouthwatering pesto today: spinach, cheese, walnuts, lemon juice, olive oil & water, and there you have it! A smear of spinach pesto starts your edible work of art on the plate, then comes juicy chicken slices. Sided with golden mushrooms, roasted butternut dotted with lentils, and charred green beans.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Alvi's Drift | Sparkling Brut Blanc de Blanc

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Ingredients & Prep

250g	Butternut <i>de-seeded, peeled (optional) & cut into half-moons</i>
60g	Tinned Lentils <i>drained & rinsed</i>
10g	Walnuts <i>roughly chopped</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Spinach <i>rinsed</i>
15ml	Lemon Juice
20ml	Grated Italian-style Hard Cheese
65g	Button Mushrooms <i>wiped clean & roughly sliced</i>
100g	Green Beans <i>rinsed, trimmed & halved</i>
1	Free-range Chicken Breast
15ml	Salad Sprinkle Spice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Paper Towel
Butter

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In a bowl, toss the drained lentils with a drizzle of oil and seasoning. Set aside.

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

3. PRESTO, IT'S PESTO Return the pan to medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Remove from the pan and add to a blender with the rinsed spinach, the toasted nuts, the lemon juice (to taste), and ½ the grated hard cheese. Add 40ml of olive oil and 20ml of water. Blend until smooth and season. Loosen with water until a drizzling consistency. Set aside.

4. ROASTED LENTILS When the butternut is halfway, scatter the dressed lentils over the tray and return to the oven for the remaining time.

5. GOLDEN MUSHROOMS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan, season, and set aside.

6. CHARRED GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and set aside.

7. CHECK OUT THIS CHICKEN 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, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

8. GET THE CUTLERY Smear ½ the spinach pesto on the base of the plate, top with the juicy chicken slices and scatter with the salad sprinkle. Serve the mushrooms, the roasted veg, and the green beans alongside and drizzle with the remaining spinach pesto. Garnish with the remaining hard cheese.

Nutritional Information

Per 100g

Energy	410kJ
Energy	98kcal
Protein	8.9g
Carbs	9g
of which sugars	1.9g
Fibre	3.1g
Fat	2.5g
of which saturated	0.6g
Sodium	34mg

Allergens

Egg, Dairy, Allium, Sesame, Tree Nuts

Cook
within 3
Days