



QCOOK

Cheesy Chicken Stuffed Gem Squash

with a fresh tangy salad

Hands-on Time: 45 minutes

Overall Time: 65 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	313kj	1908kj
Energy	75kcal	456kcal
Protein	8g	48.7g
Carbs	3g	22g
of which sugars	2g	11g
Fibre	1g	10g
Fat	3g	21.1g
of which saturated	1.1g	7.4g
Sodium	42.3mg	294.2mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

660g	880g	Gem Squash <i>rinse, halve & deseed</i>
30g	40g	Sunflower Seeds
120g	160g	Artichoke Quarters <i>drain & roughly chop</i>
450g	600g	Free-range Chicken Mini Fillets
120g	160g	Mozzarella Cheese <i>grate</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
22.5ml	30ml	Red Wine Vinegar
8g	10g	Fresh Chives <i>rinse & roughly shred</i>

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. WHAT A GEM Preheat the oven to 200°C. Place the gem squash halves on a roasting tray, cut-side up. Lightly coat in cooking spray (or an oil of your choice) and season. Roast in the hot oven until soft, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN CHICKEN Return the pan to medium heat. Pat the chicken dry with paper towel and lightly coat with cooking spray or oil (optional). Fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside. Allow to chicken to rest for 3 minutes before roughly chopping.

4. GRILLED CHEESE In a bowl, mix the chicken and artichokes. Stuff the gem squash cups with the filling, and scatter over the cheese. Return to the oven and grill until the cheese has melted and is lightly golden, 4-6 minutes.

5. TANGY, NUTTY SALAD To another bowl, add the leaves, cucumber, sun-dried tomato, and the sunflower seeds. Toss through the vinegar and seasoning.

6. TIME TO ENJOY Plate up the stuffed gem squash and garnish with the chives, and side with the tangy salad.