



UCCOOK

Basil Pesto Quinoa & Crumbed Chicken

with roasted pumpkin chunks & green leaves

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Fan Faves: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	573kJ	3572kJ
Energy	137kcal	854kcal
Protein	7.4g	46g
Carbs	17g	107g
of which sugars	2.8g	17.2g
Fibre	2.2g	13.9g
Fat	4.4g	27.6g
of which saturated	0.8g	4.8g
Sodium	175mg	1091mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Pumpkin Chunks
10ml	20ml	NOMU Italian Rub
75ml	150ml	Quinoa <i>rinse</i>
75g	75g	Sliced Onions
1	2	Crumbed Chicken Breast/s
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50ml	100ml	Creamy Pesto <i>(20ml [40ml] Pesto Princess Basil Pesto, 15ml [30ml] Mayo & 15ml [30ml] Low Fat Plain Yoghurt)</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Paper Towel

Water

1. NOMU-SPICED OVEN VEG Coat the pumpkin in oil, the NOMU rub and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, roast in the oven at 200°C until golden, 30-35 minutes (shifting halfway).

2. KEEN ON SOME QUINOA? While the roast is on the go, place the quinoa in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. CRUMBED CHICKEN Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Remove from the pan. Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving.

4. WHAT A FEAST! Bowl up buddha bowl-style. Top the fluffy quinoa with the roasted pumpkin and fried onion, the chicken, and the green leaves. Dollop over the creamy pesto.