

QCOOK

Caprese Stuffed Chicken Breast

with a roasted carrot & balsamic salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Waterkloof | Revenant Wild Ferment
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	523kj	3449kj
Energy	125kcal	825kcal
Protein	8.5g	56.3g
Carbs	7g	44g
of which sugars	4.5g	29.6g
Fibre	1.5g	10.1g
Fat	7.1g	46.6g
of which saturated	2g	13.5g
Sodium	112mg	738mg

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

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
10g	20g	Almonds <i>roughly chop</i>
1	2	Free-range Chicken Breast/s
1	1	Tomato <i>rinse & slice into rounds</i>
20g	40g	Grated Mozzarella Cheese
50ml	100ml	Pesto Princess Basil Pesto
25ml	50ml	Sweet Balsamic Mustard <i>(5ml [10ml] Wholegrain Mustard, 10ml [20ml] Honey & 10ml [20ml] Balsamic Vinegar)</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
30g	60g	Cheddar Cheese <i>roughly dice</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Cling Wrap

1. CARROT & CRUNCH Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 2-3 minutes, sprinkle over the almonds and roast for the remaining time.

2. CAPRESE CHICKEN Pat the chicken 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 through to the other side.) Open up 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. Layer 2-3 tomato rounds and a spoonful of the mozzarella onto one side of the breast. Fold the other side of the breast over the filling to close it back up.

3. INTO THE OVEN Season the outside of the chicken and drizzle with oil. Place the stuffed chicken on a separate roasting tray and roast in the hot oven until cooked through and golden, 12-15 minutes.

4. PREP STEP Place the pesto in a small bowl. Add olive oil or water in 5ml increments until drizzling consistency. Set aside. In a separate bowl, combine the sweet balsamic mustard, a drizzle of olive oil, and seasoning. Set aside.

5. CARROT SALAD Toss together the salad leaves, the roasted carrots, the cheddar, and the balsamic vinaigrette. Season.

6. A PLATE TO BE PROUD OF Plate up the caprese-stuffed chicken and drizzle over the pesto. Side with the dressed carrot salad. Enjoy, Chef!