



# UCOOK

## Peppery Grilled Chicken & Roasted Veg

with crispy chickpeas

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Waterkloof | False Bay Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	485kJ	3199kJ
Energy	116kcal	765kcal
Protein	8.2g	54.3g
Carbs	8g	51g
of which sugars	2.5g	16.7g
Fibre	2g	13.3g
Fat	5.5g	36.2g
of which saturated	1.3g	8.6g
Sodium	140mg	922mg

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

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	Serves 2	
200g	400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	1	Onion <i>peel &amp; cut into wedges</i>
60g	120g	Chickpeas <i>drain &amp; rinse</i>
10ml	20ml	Crushed Black Peppercorns
10g	20g	Walnuts <i>roughly chop</i>
1	2	Free-range Chicken Breast/s
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Danish-style Feta <i>drain</i>
40ml	80ml	Pesto Princess Basil Pesto

**1. ROAST WITH THE MOST** Preheat the oven to 200°C. Spread the pumpkin and the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). When the roast has reached the halfway mark, coat the chickpeas in oil and seasoning. Scatter the chickpeas over the pumpkin and onion and roast until golden and crispy, 12-15 minutes.

**2. YOU'RE CRUSHING IT** Using a pestle and mortar or the back of a sturdy knife, crush the peppercorns until fine.

**3. TOASTED NUTS** Place the 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.

**4. BUTTERY CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter, and the peppercorns. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. PREP STEP** To a bowl, add the salad leaves, the nuts, the feta, a drizzle of olive oil, and seasoning. In a separate bowl, loosen the pesto with water in 5ml increments until drizzling consistency. Set aside.

**6. SET THE TABLE** Dish up the pepper chicken. Side with the roasted veggies and the fresh salad. Finish off with drizzles of the loosened pesto. Enjoy, Chef.

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

Butter