



U C O O K

— COOKING MADE EASY

ITALIAN-STYLE CHICKEN BREAST

with a ricotta, fresh basil & sun-dried tomato stuffing

Creamy, tangy, and fresh, this classic Italian stuffing is an impeccable infusion for tender chicken breast. With roast baby potatoes, hard cheese, and charred broccoli, it's a masterpiece. Mamma mia!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Deon Huysamer



Health Nut

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Ingredients & Prep

200g	Baby Potatoes rinsed & halved
20g	Sun-Dried Tomatoes drained & roughly chopped, reserving the liquid
3g	Fresh Basil rinsed, picked & roughly shredded
40g	Ricotta
1	Free-Range Chicken Breast
150g	Broccoli Florets cut into bite-size pieces
20ml	Wholegrain Mustard
30ml	Plain Yoghurt
5ml	NOMU Italian Rub
5ml	Red Wine Vinegar
15ml	Grated Italian-Style Hard Cheese

From Your Kitchen

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

1. ROAST BABY POTATOES Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until soft on the inside and golden on the outside, shifting halfway.

2. ITALIAN STUFFING In a bowl, combine the reserved sun-dried tomato oil with the ricotta. Add the chopped, sun-dried tomatoes, three-quarters of the shredded basil, and seasoning to taste. Mix well to combine.

3. STUFF THE CHICKEN Pat the chicken breast dry with some paper towel and place on a chopping board. Where the breast is slightly thicker, make a small, horizontal incision. Using your fingers or a knife, gently break the flesh apart to make a little pocket for the stuffing.

4. BAKED CHICKEN & BROCCOLI Place the breast on a lightly greased baking tray. Stuff with a tbsp of Italian stuffing, allowing some to spill out. Spread out the broccoli pieces around the chicken. Coat both the broccoli and chicken in oil and seasoning to taste. Bake in the oven for 18-20 minutes until the broccoli is charred and the chicken is golden and cooked through. Remove from the oven on completion.

5. DRESS IT UP In a bowl, combine the wholegrain mustard with the yoghurt and the Italian Rub to taste. Slowly, mix in the red wine vinegar to taste. Add warm water in 5ml increments until drizzling consistency.

6. SERVE IT UP Make a generous pile of roast baby potatoes and charred broccoli. Top with the fragrant, stuffed chicken. Drizzle with the tangy mustard dressing and dollop over any remaining ricotta stuffing. Garnish with the remaining fresh basil and a sprinkle of the grated Italian-style cheese. Enjoy, Chef!

Chef's Tip

Broccoli is very high in vitamin C – even more so than oranges! Vitamin C supports the immune system and assists the body's responses that fight foreign pathogens.

Nutritional Information

Per 100g

Energy	421kj
Energy	101Kcal
Protein	9.1g
Carbs	6.1g
of which sugars	2.1g
Fibre	1.8g
Fat	3.2g
of which saturated	1.2g
Salt	0.3g

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days