



U C O O K

— COOKING MADE EASY

GUILT-FREE CRUMBED CHICKEN

with honey-glazed pumpkin and tomatoes & flaked almonds

This mouthwatering chicken breast number is gluten-free, carb-conscious, and veg-packed – so tuck in with a confident crunch! With a hard cheese and almond flour crumb, lemony yoghurt dressing, and nutritious kale.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba



Health Nut

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Ingredients & Prep

1	Free-Range, Skinless Chicken Breast
10g	Flaked Almonds
50ml	Guilt-Free Crumb <i>(30ml Almond Flour, 15ml Grated Italian-Style Hard Cheese & 5ml NOMU Provençal Rub)</i>
250g	Pumpkin Chunks <i>cut into bite-size pieces</i>
15ml	Honey
1	Lemon <i>one half zested & cut into wedges</i>
50ml	Yoghurt
100g	Baby Tomatoes <i>rinsed & halved</i>
50g	Kale <i>rinsed & roughly shredded</i>
3g	Fresh Parsley <i>rinsed & roughly chopped</i>
20ml	Tapioca Flour

From Your Kitchen

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

1. ROAST VEG Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes. Toss the halved baby tomatoes with a drizzle of oil and some seasoning. When the pumpkin reaches the halfway mark, give it a shift and add the baby tomatoes to the tray. Return the tray to the oven for the remaining cooking time until the tomatoes are blistered and the pumpkin is crispy. In the final 5 minutes, drizzle the honey over everything.

2. CRUMB THE CHICKEN Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the tapioca flour (seasoned lightly) and the other containing the Guilt-Free Crumb. Coat the chicken breast in the flour first, then in the egg mixture, and lastly in the crumb. When passing through the crumb, press it into the meat so it sticks. Make sure the breast is fully coated in one mixture before moving on to the next. Dust off any excess in between coatings. Set aside until frying.

3. SOME PREP Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside to cool. In a bowl, combine the yoghurt with the chopped parsley. Mix in some lemon zest and juice to taste. Season to taste and set aside for serving. Place the shredded kale in a bowl with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Using your hands, massage the kale until soft and coated in oil. Set aside for serving. If you prefer cooked kale, scatter it over the roasting pumpkin and tomatoes when they're nearing completion and cook for 3-4 minutes until crispy.

4. CRISPY CHICKEN Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken for 2-3 minutes per side until golden. Remove from the pan and place on a greased baking tray. Bake in the oven above the veggies for 5 minutes until cooked through but still juicy. (Alternatively, place it on the roasting tray in between the veggies if there's space.) Remove from the oven on completion and set aside to rest for 3 minutes before serving.

5. ENJOY! Scoop up some glazed, roast pumpkin and baby tomatoes. Top with the crumbed chicken and serve the lemony kale on the side. Drizzle over the zesty yoghurt dressing and garnish with the toasted almond flakes. Delicious!



Chef's Tip

If the honey is too hard to pour over the veggies, pop it in the microwave for 5-10 seconds before drizzling.

Nutritional Information

Per 100g

Energy	464kJ
Energy	111Kcal
Protein	7.7g
Carbs	10g
of which sugars	3.8g
Fibre	2.4g
Fat	4.1g
of which saturated	0.6g
Sodium	182mg

Allergens

Egg, Dairy, Tree Nuts

Cook
within 3
Days