



# UCCOOK

## Stuffed Chicken & Blue Cheese Dressing

with roast beetroot & a fresh green salad

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	517kJ	3164kJ
Energy	124kcal	757kcal
Protein	8.6g	52.9g
Carbs	4g	25g
of which sugars	1.4g	8.8g
Fibre	1.3g	8g
Fat	7.7g	47.2g
of which saturated	3.7g	22.6g
Sodium	126mg	770mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim &amp; cut into bite-sized pieces</i>
10g	20g	Almonds <i>roughly chop</i>
100ml	200ml	Cream Cheese
10ml	20ml	Lemon Juice
1	1	Garlic Clove <i>peel &amp; grate</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
1	2	Free-range Chicken Breast/s
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>
50ml	100ml	Blue Cheese Dressing

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Cling Wrap  
Paper Towel  
Seasoning (salt & pepper)

**1. BEGIN WITH BEETS** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. CHOP-CHOP** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CREAMY GOODNESS** In a small bowl, combine the cream cheese with ½ the lemon juice (to taste), the garlic, ½ the nuts, and ½ the parsley. Season and set aside.

**4. STUFFED CHICKEN** Pat the chicken breast 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 all the way through to the other side.) Open out 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. Smear the cream cheese mixture onto the one side of the breast. Fold the other side of the breast over the filling to close it back up.

**5. INTO THE OVEN** Season the outside of the chicken and drizzle with oil. Place the stuffed chicken breast on a separate roasting tray and roast in the hot oven until cooked through, 12-15 minutes. In the final 8-10 minutes, turn the oven to grill or the highest setting, and grill until golden brown.

**6. FOR SOME FRESHNESS** In a bowl, combine the remaining lemon juice, a drizzle of olive oil, and a sweetener (to taste). Add the leaves, the cucumber, seasoning and toss to combine.

**7. YOUR LAST STEP? TO ENJOY!** Plate up the stuffed chicken breast and serve the beets alongside. Side with the green salad. Garnish with the remaining nuts and the remaining parsley. Drizzle over the blue cheese dressing and enjoy, Chef!