

QCOOK

Bubbling Cheese & Spinach Chicken

with roasted butternut

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 412kj | 2631kj |
| Energy | 99kcal | 629kcal |
| Protein | 8.5g | 54g |
| Carbs | 6g | 38g |
| of which sugars | 1.7g | 10.7g |
| Fibre | 1.5g | 9.3g |
| Fat | 3.9g | 25.2g |
| of which saturated | 2.1g | 13.1g |
| Sodium | 123mg | 790mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None



Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 750g | 1kg | Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i> |
| 30g | 40g | Pumpkin Seeds |
| 60g | 80g | Spinach <i>rinse & roughly shred</i> |
| 90ml | 125ml | Cream Cheese |
| 3 | 4 | Free-range Chicken Breasts |
| 22,5ml | 30ml | NOMU Italian Rub |
| 90g | 120g | Cheddar Cheese <i>grate</i> |
| 90ml | 125ml | Lemon Juice |
| 240g | 320g | Baby Tomatoes <i>rinse & cut in half</i> |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |
| 8g | 10g | Fresh Chives <i>rinse & finely chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Blender (optional)
Cling Wrap

1. BEGIN THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOASTED SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CREAMY SPINACH Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the spinach until wilted, 1-2 minutes. Remove from the pan and stir through the cream cheese, and seasoning.

4. BUTTERFLY CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Coat in oil, the NOMU rub and season.

5. CHEESY CHICKEN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the chicken until golden, 1-2 minutes per side. Remove from the pan, place on the oven tray with the butternut. Spoon the spinach mixture on top of the chicken, and scatter the cheese over. Return the tray to the oven, and grill until the cheese has melted and lightly golden, 3-5 minutes.

6. NUTTY SALAD In a salad bowl, combine the lemon juice, olive oil, sweetener (to taste), and seasoning. Toss with the baby tomatoes, salad leaves, and ½ toasted pumpkin seeds.

7. ADMIRE YOUR WORK Plate up the cheesy chicken and side with the butternut and the dressed salad. Sprinkle over the remaining pumpkin seeds, and garnish with the chives. Enjoy, Chef!