



UCOOK

Spinach & Artichoke Stuffed Chicken

**with red pepper pesto & roasted
beetroot**

Melted mozzarella, cream cheese, spinach & artichokes form a delicious centre in these stuffed chicken breasts, which are oven-roasted until golden. Complemented perfectly by roasted pesto-tossed beetroot, and a crunchy spinach & cucumber salad.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Harry Hartman | Stellenbosch Sauvignon
Blanc

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Ingredients & Prep

600g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
125ml	Low Fat Cottage Cheese
120g	Spinach <i>rinsed & shredded</i>
120g	Artichoke Hearts <i>drained & cut into quarters</i>
90g	Grated Mozzarella Cheese
15ml	Dried Chilli Flakes
3	Free-range Chicken Breasts
60ml	Pesto Princess Red Pepper Pesto
150g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. START THE STUFFING In a bowl, combine the cottage cheese, ½ the shredded spinach, the quartered artichokes, the grated cheese, ½ the chilli flakes (to taste), a drizzle of oil, and seasoning. Set aside.

3. DELISH CHICKEN Pat the chicken breasts dry with paper towel and place on a chopping board. Using a sharp knife, slice into one side of the chicken, starting at the thicker end and ending at the thin side (do not cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Season the inside of the chicken. Spread some spinach filling onto one side of the chicken. Fold the other side over the filling and secure with toothpicks so it stays closed. Repeat with the remaining breasts.

4. PESTO DRIZZLE In a small bowl, mix ½ the red pesto with water in 5ml increments until drizzling consistency. Set aside.

5. INTO THE OVEN Place the stuffed chicken on a separate roasting tray. Coat the outside with a drizzle of oil and seasoning. Roast in the oven until cooked through, 15-20 minutes. Remove the toothpicks and discard before serving.

6. GREEN SALAD Once the beetroot is done, toss through the remaining pesto and set aside. Place the cucumber half-moons into a salad bowl and toss with the remaining spinach, a drizzle of olive oil, and seasoning. Set aside.

7. GRAB THE PLATES! Make a bed of any remaining filling and top with the stuffed chicken. Side with the pesto-tossed beetroot and the cucumber salad. Drizzle over the loosened red pesto and scatter with the remaining chilli flakes (to taste) for more spice.



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and seasoning. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	340kJ
Energy	81kcal
Protein	9.3g
Carbs	4g
of which sugars	1.3g
Fibre	1.5g
Fat	2.4g
of which saturated	1.1g
Sodium	159mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days