



UCOOK

Jalapeño Popper Stuffed Chicken

with bacon & cream cheese

We're repurposing a classic breakfast cereal for a super crunchy crumb coating on jalapeño popper-inspired chicken breast, stuffed with a flavourful filling of cream cheese, salty bacon, spicy jalapeños & chives. Served with steamed couscous, dotted with pops of sweet corn, rich black beans & baby tomatoes.

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jenna Peoples

Adventurous Foodie

Strandveld | Viognier

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Ingredients & Prep

6 strips	Streaky Pork Bacon
150g	Corn
90ml	Cream Cheese
30g	Sliced Pickled Jalapeños <i>roughly chop</i>
8g	Fresh Chives <i>rinse & roughly chop</i>
150ml	Couscous
3	Free-range Chicken Breasts
105ml	Spiced Flour <i>(90ml [125ml])#7DA0D7 Cake Flour & 15ml [20ml])#7DA0D7 Old Stone Mill Mexican Spice)</i>
150g	Corn Flakes <i>crush</i>
180g	Black Beans <i>drain & rinse</i>
240g	Baby Tomatoes
2 packs	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Cling Wrap
Egg/s
Toothpicks
Paper Towel

1. BETTER WITH BACON Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. When cooled, roughly chop the bacon. Return the pan to medium-high heat. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside to cool.

2. CHEESY CHILLI & THE COUSCOUS Boil the kettle. To a bowl, add the chopped bacon, the cream cheese, the chopped jalapeños, ½ the chives and some seasoning. Mix to combine and set aside. Place the couscous in a bowl with 150ml [200ml]#7DA0D7 of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

3. STUFF THE 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 the jalapeño-bacon 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. SPICY CRUMBED CHICKEN Whisk 2 eggs in a bowl. Prepare two shallow dishes: one containing the spiced flour (seasoned lightly), and one containing the Cornflake crumb. Coat the stuffed chicken in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each chicken. Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the chicken until golden, 4-5 minutes per side. Remove from the pan and rest for 5 minutes before slicing.

5. LOADED COUSCOUS To a small bowl, add the charred corn, the rinsed black beans, the halved tomatoes, the couscous, the remaining chives, some olive oil and seasoning. Set aside.

6. WINNER CHICKEN DINNER Make a bed of the loaded couscous salad. Top with the sliced chicken and dollop over the guac. Get munching, Chef!



Chef's Tip

Air fry the crumbed chicken at 200°C until crispy and warmed through, 5-7 minutes. Remove from the air fryer, slice, and season.

Nutritional Information

Per 100g

Energy	764kJ
Energy	183kcal
Protein	10.3g
Carbs	18g
of which sugars	2g
Fibre	2.8g
Fat	7.9g
of which saturated	2.1g
Sodium	295mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites, Soy

Eat
Within
3 Days