

UCCOOK

Asado Chicken

with pumpkin & sauteed spinach

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	273kJ	2027kJ
Energy	65kcal	484kcal
Protein	6.1g	45g
Carbs	8g	63g
of which sugars	5g	34g
Fibre	2g	12g
Fat	0.8g	5.7g
of which saturated	0.2g	1.6g
Sodium	237.8mg	1766.9mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	2	Chicken Stock Sachet/s
15ml	30ml	Asado Seasoning <i>(10ml [20ml] NOMU Spanish Rub & 5ml [10ml] Onion Powder)</i>
1	1	Garlic Clove <i>peel & grate</i>
1	2	Free-range Chicken Breast/s <i>pat dry & cut into 1-2cm strips</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
40g	80g	Spinach <i>rinse</i>
2	4	Tinned Pineapple Rings <i>drain & roughly chop</i>
20ml	40ml	Jalapeño Relish
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. IN GOES THE PUMPKIN Boil the kettle. Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. ASADO MARINADE Dilute the stock sachet/s in a bowl with 50ml [100ml] of boiling water. Mix through the Asado seasoning, ½ the garlic, a drizzle of oil and seasoning. Add the chicken to the marinade. Mix and set aside.

3. ON TO THE SPINACH Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry ½ the onion until golden, 4-5 minutes (shifting occasionally). Add the remaining garlic and fry until fragrant, 30-60 seconds (shifting constantly). Mix through the spinach until wilted, 1-2 minutes (shifting occasionally). Remove from the pan, cover and set aside.

4. JUICY CHICKEN Return the pan to medium heat with a drizzle of oil. Remove the chicken from the marinade, reserving the marinade behind in the bowl. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

5. TURN INTO A SAUCE Return the pan to medium heat. When hot, pour in the reserved marinade and simmer until reduced slightly, 2-3 minutes. Remove from the heat.

6. SALSA STEP In a separate bowl, combine the remaining onion (to taste) with the pineapple, the jalapeño relish (to taste), ½ the coriander, and seasoning. Set aside.

7. DINNER'S READY! Plate up the golden chicken, drizzled with the sauce. Serve the roasted pumpkin and sautéed spinach alongside. Place the fresh salsa on the side and garnish with the remaining coriander.