



UCOOK

Spinach-stuffed Chicken

with butternut mash & a baby tomato salad

Melted mozzarella, cream cheese & wilted spinach form a delicious centre of our stuffed chicken breast, which is fried until golden. Add a side of smooth butternut mash, a nutty toasted pumpkin & tangy baby tomato salad with greens and you have a new recipe to add to your favourites, Chef!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

Fan Faves

Strandveld | Adamastor White Blend

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
10g	Pumpkin Seeds
20g	Spinach <i>rinse & roughly shred</i>
20ml	Cream Cheese
20g	Grated Mozzarella Cheese
1	Free-range Chicken Breast
7,5ml	NOMU Provençal Rub
10ml	Lemon Juice
80g	Baby Tomatoes <i>rinse & cut in half</i>
50g	Cucumber <i>rinse & roughly dice</i>
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)
Toothpicks (optional)
Milk (optional)

1. BEGIN WITH THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Add ½ the chopped coriander, a knob of butter (optional), and a splash of water or milk. Mash with a fork, season, and cover.

2. ADD SOME CRUNCH Place the pumpkin seeds in a pan (that has a lid) over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

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

4. GREAT STUFF! Pat the chicken breast dry with paper towel and place on a chopping board. Using a knife, slice a pocket into one side of the chicken (be careful not to cut all the way through to the other side.) Season the inside of the pocket and fill with the cheesy spinach mixture. Press the edges together to firmly seal. You may need to secure the breast closed with a few toothpicks.

5. TIME TO GET CHEESY Return the pan to medium-high heat with a drizzle of oil. When hot, add the stuffed chicken and cover with the lid. Fry until golden, cooked through, and the cheese is melted, 3-4 minutes per side. In the final minute, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan and season.

6. FOR SOME FRESHNESS In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss through the halved baby tomatoes, the diced cucumber, the shredded salad leaves, and ½ the toasted pumpkin seeds.

7. SERVICE PLEASE Plate up the spinach-stuffed chicken and side with the butternut mash and the dressed salad. Sprinkle over the remaining pumpkin seeds, and garnish with the remaining coriander. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Add ½ the chopped coriander, a knob of butter (optional), and a splash of water or milk. Mash with a fork, season, and cover.

Nutritional Information

Per 100g

Energy	346kJ
Energy	83kcal
Protein	7.7g
Carbs	6g
of which sugars	1.5g
Fibre	1.4g
Fat	2.6g
of which saturated	1.3g
Sodium	58mg

Allergens

Cow's Milk

Eat
Within
3 Days