



# UCCOOK

## Grilled Pepper Chicken & Roasted Veg

with **crispy chickpeas**

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Nitida | Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 464kJ    | 3040kJ      |
| Energy             | 111kcal  | 727kcal     |
| Protein            | 8g       | 52.5g       |
| Carbs              | 8g       | 51g         |
| of which sugars    | 2.5g     | 16.5g       |
| Fibre              | 2g       | 13.4g       |
| Fat                | 4.9g     | 32.4g       |
| of which saturated | 1g       | 6.8g        |
| Sodium             | 103mg    | 676mg       |

**Allergens:** Cow's Milk, Allium, Tree Nuts

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                     |
|----------|------------|-----------------------------------------------------|
| 600g     | 800g       | Pumpkin Chunks<br><i>cut into bite-sized pieces</i> |
| 2        | 2          | Onions<br><i>peel &amp; cut into wedges</i>         |
| 180g     | 240g       | Chickpeas<br><i>drain &amp; rinse</i>               |
| 30g      | 40g        | Walnuts<br><i>roughly chop</i>                      |
| 3        | 4          | Free-range Chicken Breasts                          |
| 30ml     | 40ml       | Crushed Black Peppercorns                           |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>    |
| 60g      | 80g        | Danish-style Feta<br><i>drain</i>                   |
| 125ml    | 160ml      | Pesto Princess Coriander & Chilli Pesto             |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

- 1. ROAST WITH THE MOST** Preheat the oven to 200°C. Spread the pumpkin, and the onion on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). When the roast has reached the halfway mark, coat the chickpeas in oil, and seasoning. Scatter the chickpeas over the pumpkin and onion and roast until golden and crispy, 12-15 minutes.
- 2. TOASTED NUTS** Place the walnuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. BUTTERY CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter, and the peppercorns. Remove from the pan and rest for 5 minutes before slicing and seasoning.
- 4. PREP STEP** To a bowl, add the salad leaves, the nuts, the feta, a drizzle of olive oil, and seasoning. In a separate bowl, loosen the pesto with water in 5ml increments until drizzling consistency. Set aside.
- 5. SET THE TABLE** Dish up the pepper chicken. Side with the veggies and the salad. Finish off with drizzles of the pesto. Enjoy, Chef.