



UCCOOK

Golden Caprese Chicken

with bocconcini balls

Hands-on Time: 20 minutes

Overall Time: 40 minutes

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

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	337kJ	2017kJ
Energy	81kcal	483kcal
Protein	7.7g	45.9g
Carbs	6g	35g
of which sugars	2g	10g
Fibre	1g	8g
Fat	2.5g	14.8g
of which saturated	1g	6g
Sodium	97.2mg	581.4mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Butternut Chunks
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
5g	10g	Fresh Basil <i>rinse & roughly chop</i>
80g	160g	Baby Tomatoes <i>rise & cut into quarters</i>
30g	60g	Pitted Kalamata Olives <i>drain & roughly slice</i>
2	4	Bocconcini Balls <i>drain & cut into quarters</i>
5ml	10ml	Balsamic Vinegar
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU Italian Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. BUTTERNUT & ONION Preheat the oven to 200°C. Spread the butternut and onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. BOCCONCINI SALAD In a bowl, toss together the basil, the baby tomatoes, the olives, the bocconcini balls and the balsamic vinegar. Season and set aside.

3. NOMU-SPICED CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly and coat it in the NOMU rub. Place a pan over medium heat with a drizzle of oil. When hot, fry the chicken until browned and cooked through, 1 minute a side.

4. BEAUTIFUL WORK! Plate up your salad leaves. Top with balsamic marinated mixture. Side with the roasted veg and the butterflied chicken.