



UCCOOK

Jalapeño Popper Stuffed Chicken

with sun-dried tomatoes & cream cheese

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Delheim Wines | Delheim Gewürztraminer

Nutritional Info	Per 100g	Per Portion
Energy	676kJ	4958kJ
Energy	162kcal	1186kcal
Protein	8.5g	62.1g
Carbs	18g	128g
of which sugars	2.4g	17.9g
Fibre	3.6g	26.7g
Fat	6.6g	48.5g
of which saturated	1.7g	12.3g
Sodium	109mg	798mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20g	40g	Sun-dried Tomatoes <i>finely chop</i>
30ml	60ml	Cream Cheese
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
3g	5g	Fresh Coriander <i>rinse & roughly chop</i>
50ml	100ml	Couscous
1	2	Free-range Chicken Breast/s
35ml	70ml	Spiced Flour <i>(30ml [60ml] Cake Flour & 5ml [10ml] Old Stone Mill Mexican Spice)</i>
50g	100g	Corn Flakes <i>crush</i>
40g	80g	Corn
60g	120g	Red Kidney Beans <i>drain & rinse</i>
80g	160g	Baby Tomatoes <i>rinse & halve</i>
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>

From Your Kitchen

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

1. CHEESY CHILLI & COUSCOUS Boil the kettle. To a bowl, add the sun-dried tomatoes, the cream cheese, the jalapeños, ½ the coriander and seasoning. Mix to combine and set aside. Place the couscous in a bowl with 50ml [100ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. STUFF THE CHICKEN Pat the chicken breast/s 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 tomato-jalapeño filling onto one side of the breast. Fold the other side over the filling and secure with toothpicks so it stays closed. *(Repeat this with the remaining breasts).*

3. SPICY CRUMBED CHICKEN Whisk 1 egg 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. Coat in the whisked egg, and lastly, the crumb. *(Repeat this with the remaining breast).* 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. Alternatively, air fry at 200°C until crispy and cooked through, 5-7 minutes. Remove from the air fryer, slice, and season.

4. LOADED COUSCOUS To a small bowl, add the corn, the kidney beans, the tomatoes, the couscous, the remaining coriander, some olive oil and seasoning. Set aside. In another bowl, scoop out the avo. Mash with a fork until a smooth guac is formed. Season and set aside.

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