

# UCOOK

## Bubbling Cheese & Spinach Chicken

with roasted butternut

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info	Per 100g	Per Portion
Energy	412kJ	2631kJ
Energy	99kcal	629kcal
Protein	8.5g	54g
Carbs	6g	38g
of which sugars	1.7g	10.7g
Fibre	1.5g	9.3g
Fat	3.9g	25.2g
of which saturated	2.1g	13.1g
Sodium	123mg	790mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
10g	20g	Pumpkin Seeds
20g	40g	Spinach <i>rinse &amp; roughly shred</i>
30ml	60ml	Cream Cheese
1	2	Free-range Chicken Breast/s
7,5ml	15ml	NOMU Italian Rub
30g	60g	Cheddar Cheese <i>grate</i>
30ml	60ml	Lemon Juice
80g	160g	Baby Tomatoes <i>rinse &amp; cut in half</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
3g	5g	Fresh Chives <i>rinse &amp; finely chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Blender (optional)

Cling Wrap

**1. BEGIN THE BUTTERNUT** Preheat the oven to 200°C. Spread the butternut 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. TOASTED SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

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

**4. BUTTERFLY 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 breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Coat in oil, the NOMU rub and season.

**5. CHEESY CHICKEN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the chicken until golden, 1-2 minutes per side. Remove from the pan, place on the oven tray with the butternut. Spoon the spinach mixture on top of the chicken, and scatter the cheese over. Return the tray to the oven, and grill until the cheese has melted and lightly golden, 3-5 minutes.

**6. NUTTY SALAD** In a salad bowl, combine the lemon juice, olive oil, sweetener (to taste), and seasoning. Toss with the baby tomatoes, salad leaves, and ½ toasted pumpkin seeds.

**7. ADMIRE YOUR WORK** Plate up the cheesy chicken and side with the butternut and the dressed salad. Sprinkle over the remaining pumpkin seeds, and garnish with the chives. Enjoy, Chef!