



UCCOOK

Spinach & Artichoke Stuffed Chicken

with red pepper pesto & roasted beetroot

Hands-on Time: 45 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	349kj	2043kj
Energy	84kcal	489kcal
Protein	9.1g	53.3g
Carbs	4g	24g
of which sugars	2g	10g
Fibre	2g	9g
Fat	2.6g	15.1g
of which saturated	1.2g	7g
Sodium	189.5mg	1108.8mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
125ml	160ml	Low Fat Cottage Cheese
60g	80g	Spinach <i>rinse & shred</i>
120g	160g	Artichokes Quarters <i>drain & roughly chop</i>
90g	120g	Grated Mozzarella Cheese
15ml	20ml	Dried Chilli Flakes
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU Italian Rub
60ml	80ml	Pesto Princess Red Pepper Pesto
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Salad Leaves <i>rinse & shred</i>

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. START THE STUFFING In a bowl, combine the cottage cheese, ½ the spinach, the artichokes, the cheese, ½ the chilli flakes (to taste), a drizzle of oil, and seasoning. Set aside.

3. DELISH CHICKEN Pat the chicken breasts 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 some spinach filling onto one side of the chicken. Fold the other side over the filling and secure with toothpicks so it stays closed. Coat the breast in the NOMU rub and seasoning. Repeat with the remaining breasts.

4. PESTO DRIZZLE In a small bowl, mix ½ the red pepper pesto with water in 5ml increments until drizzling consistency. Set aside.

5. INTO THE OVEN Place the stuffed chicken on a separate, lightly greased roasting tray. Roast in the oven until cooked through, 20-25 minutes. Alternatively, air fry the chicken at 200°C for 15-20 minutes. Remove the toothpicks and discard before serving.

6. GREEN SALAD Once the beetroot is done, toss through the remaining pesto and set aside. Place the cucumber into a salad bowl and toss with the salad leaves. Set aside.

7. GRAB THE PLATES! Make a bed of any remaining filling and top with the stuffed chicken. Side with the pesto-tossed beetroot and the cucumber salad. Drizzle over the loosened red pesto and scatter with the remaining chilli flakes (to taste) for more spice.