

UCOOK

Asado Chicken Breast

with pumpkin & sauteed spinach

What should we cook today, Chef? Let's do asado! Originating from the Spanish word 'asar', which means to grill, this Argentinian dish will bring flavours of an outdoor braai indoors. A special UCOOK Asado spice coats a chicken breast, sided with roasted pumpkin and a pineapple & jalapeño salsa.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jemimah Smith

Carb Conscious

 Groote Post Winery | Groote Post Chenin Blanc 2022

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	Chicken Stock Sachet
20ml	Asado Seasoning <i>(10ml NOMU Spanish Rub, 5ml Onion Powder & 5ml Dried Chilli Flakes)</i>
1	Garlic Clove <i>peel & grate</i>
1	Free-range Chicken Breast
1	Onion <i>peel & finely dice ½</i>
40g	Spinach <i>rinse</i>
40g	Pineapple Pieces <i>drain & roughly chop</i>
20ml	Jalapeño Relish
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. IN GOES THE PUMPKIN Boil the kettle. Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. ASADO MARINADE Dilute ½ the stock sachet in a bowl with 50ml of boiling water. Mix through the Asado seasoning, ½ the grated garlic, a drizzle of oil and seasoning. Pat the chicken dry with paper towel and add to the marinade. Mix and set aside.

3. ON TO THE SPINACH Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry ½ the diced onion until golden, 4-5 minutes (shifting occasionally). Add the remaining grated garlic and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Mix through the rinsed spinach until wilted, 1-2 minutes (shifting occasionally). Remove from the pan, cover and set aside.

4. JUICY CHICKEN Return the pan to medium heat with a drizzle of oil. Remove the chicken from the marinade, reserving the marinade behind in the bowl. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. TURN INTO A SAUCE Return the pan to medium heat. When hot, pour in the reserved marinade and simmer until reduced slightly, 2-3 minutes. Remove from the heat.

6. SALSA STEP In a separate bowl, combine the remaining diced onion (to taste) with the chopped pineapple, the jalapeño relish, ½ the chopped coriander, a drizzle of olive oil and seasoning. Set aside.

7. DINNER'S READY! Plate up the golden chicken, drizzled with the sauce. Serve the roasted pumpkin and sauteed spinach alongside. Place the fresh salsa on the side and garnish with the remaining coriander.



Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	288kj
Energy	69kcal
Protein	7g
Carbs	8g
of which sugars	4.2g
Fibre	1.6g
Fat	0.9g
of which saturated	0.3g
Sodium	236mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days