

Eat Within 3 Days

UCOOK

Italian Chicken Melt

with pesto aioli & Rootstock salt crisps

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Zevenwacht | 7even Bouquet

Nutritional Info	Per 100g	Per Portion
Energy	1068kJ	4844kJ
Energy	255kcal	1158kcal
Protein	13.2g	59.8g
Carbs	20g	91g
of which sugars	5g	22.6g
Fibre	2.5g	11.3g
Fat	13.4g	60.8g
of which saturated	3.5g	15.8g
Sodium	394mg	1788mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20ml	40ml	Cornflour
10ml	20ml	Grated Italian-style Hard Cheese
20ml	40ml	Smoky Rub *(15ml [30ml] NOMU Italian Rub & 5ml [10ml] Smoked Paprika)*
1	2	Free-range Chicken Breast/s
1	1	Garlic Clove *peel & grate*
50ml	100ml	Tomato Passata
1	2	Ciabatta Roll/s
30g	60g	Mozzarella Cheese *grate*
50ml	100ml	Pesto Aoli *(20ml [40ml] Pesto Princess Basil Pesto & 30ml [60ml] Hellmann's Original Mayo)*
1 unit	2 units	Rootstock Salt Crisps

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. SMOKY CHICKEN In a bowl, combine the cornflour and Italian-style cheese with ½ of the smoky rub and lightly season. Pat the chicken dry with paper towel and place it on a chopping board. Use a sharp knife to slice the chicken breast in half horizontally (don't cut all the way through). Coat the chicken in the spiced cornflour. Place a pan over medium heat with a drizzle of oil. When hot, fry the chicken until cooked through, 2-3 minutes per side. Remove from the pan. Alternatively, air fry at 200°C until crispy and cooked through, 3-5 minutes.

2. TANGY TOMATO SAUCE Return the pan to medium-low heat with another drizzle of oil (if necessary). Fry the garlic and the remaining smoky rub until fragrant, for 1-2 minutes. Add the tomato passata, a splash of water, and sweetener (to taste). Simmer until the sauce thickens slightly, 30-40 seconds. Remove from the heat and season.

3. MMMELTED CHEESE Place a clean pan (with a lid) over medium heat. Cut the ciabatta in half lengthwise, and spread the tomato sauce evenly on both sides. Put the mozzarella cheese and the chicken on the bottom half of the bread. Close the sandwich/es with the top half of the bread and place it gently into the pan, cover with a lid, and let the cheese melt for 2-3 minutes. Once melted, remove from the heat.

4. SCRUMPTIOUS SANDO Plate up the sandwich, open the top half of the bread, drizzle over the pesto aioli, and close the sandwich. Plate the Rootstock crisps alongside the sandwich. Good job, Chef!

Chef's Tip Toast the bread before assembling. Rub it with the whole garlic clove before grating it for the sauce. One clove, double the flavour!