

UCCOOK

Nitída's Herby Stuffed Chicken

with sun-dried tomatoes & mozzarella cheese

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

Chef: Nitída Winery

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	512kJ	2929kJ
Energy	122kcal	701kcal
Protein	9.2g	52.8g
Carbs	8g	47g
of which sugars	2.2g	12.3g
Fibre	1.5g	8.4g
Fat	5.6g	31.8g
of which saturated	1.4g	8.1g
Sodium	123mg	703mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato Chunks
15ml	20ml	NOMU Italian Rub
30g	40g	Almonds <i>roughly chop</i>
300g	400g	Cauliflower & Broccoli Florets Mix <i>cut into bite-sized pieces</i>
3	4	Free-range Chicken Breasts
45g	60g	Sun-dried Tomatoes <i>roughly chop</i>
90g	120g	Mozzarella Cheese <i>grate</i>
90ml	120ml	Pesto Princess Basil Pesto
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
30ml	40ml	Lemon Juice

From Your Kitchen

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

1. NOMU-SPICED POTATOES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the NOMU rub, 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. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan, finely chop and set aside.

3. BROCC THAT ROCKS Return the pan to medium-high heat with a drizzle of oil or a knob of butter. Fry the broccoli and cauli until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

4. STUFFED 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 breast, starting at the thicker end and ending at the thinner point (be careful not to cut all the way through to the other side.) Open up the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness. Season the inside of the chicken. Place the sun-dried tomatoes and mozzarella inside the breast. Fold the other side of the breast over the filling to close it back up. Repeat with the other breasts.

5. ROAST UNTIL GOLDEN Season the outside of the chicken and drizzle with oil. Place the stuffed chicken breasts on a separate roasting tray and roast in the hot oven until cooked through and golden, 12-15 minutes.

6. ZESTY VEGGIE SALAD In a small bowl, loosen the pesto with water in 5ml increments until drizzling consistency. In a salad bowl, combine the salad leaves with the charred broccoli & cauli, the lemon juice (to taste), the remaining nuts, a drizzle of olive oil, and add seasoning. Set aside.

7. PICTURE PERFECT Plate up the cheesy stuffed chicken and side with the golden potatoes. Serve the charred veg salad alongside and drizzle with the loosened pesto.