



UCCOOK

Jalapeño Popper Stuffed Chicken

with bacon & cream cheese

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Strandveld | Viognier

Nutritional Info	Per 100g	Per Portion
Energy	764kJ	5294kJ
Energy	183kcal	1266kcal
Protein	10.3g	71.2g
Carbs	18g	122g
of which sugars	2g	13.7g
Fibre	2.8g	19.3g
Fat	7.9g	54.8g
of which saturated	2.1g	14.4g
Sodium	295mg	2043mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: HOT

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 strips	4 strips	Streaky Pork Bacon
50g	100g	Corn
30ml	60ml	Cream Cheese
10g	20g	Sliced Pickled Jalapeños <i>roughly chop</i>
3g	5g	Fresh Chives <i>rinse & roughly chop</i>
50ml	100ml	Couscous
1	2	Free-range Chicken Breast/s
35ml	70ml	Spiced Flour <i>(30ml [60ml] Cake Flour & 5ml [10ml] Old Stone Mill Mexican Spice)</i>
50g	100g	Corn Flakes <i>crush</i>
1	1	Kidney Beans <i>drain & rinse</i>
80g	160g	Baby Tomatoes
1 pack	1 pack	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Cling Wrap

Egg/s

Toothpicks

Paper Towel

1. BETTER WITH BACON Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. When cooled, roughly chop the bacon. Return the pan to medium-high heat. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside to cool.

2. CHEESY CHILLI & THE COUSCOUS Boil the kettle. To a bowl, add the chopped bacon, the cream cheese, the chopped jalapeños, ½ the chives and some seasoning. Mix to combine and set aside. Place the couscous in a bowl with 50ml [100ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

3. STUFF THE CHICKEN Pat the chicken breast/s 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 the jalapeño-bacon filling onto one side of the breast. Fold the other side over the filling and secure with toothpicks so it stays closed. *[Repeat this with the remaining breast].*

4. SPICY CRUMBED CHICKEN Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the spiced flour (seasoned lightly), and one containing the Cornflake crumb. Coat the stuffed chicken in the seasoned flour, dusting off any excess. Coat in the whisked egg, and lastly the crumb. *[Repeat this with the remaining breast].* Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the chicken until golden, 4-5 minutes per side. Remove from the pan and rest for 5 minutes before slicing.

5. LOADED COUSCOUS To a small bowl, add the charred corn, the rinsed kidney beans, the halved tomatoes, the couscous, the remaining chives, some olive oil and seasoning. Set aside.

6. WINNER CHICKEN DINNER Make a bed of the loaded couscous salad. Top with the sliced chicken and dollop over the guac. Get munching, Chef!