

UCCOOK

Golden Caprese Chicken

with bocconcini balls

Hands-on Time: 40 minutes

Overall Time: 55 minutes

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

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	313.6kJ	1869.5kJ
Energy	75kcal	447.2kcal
Protein	7.7g	45.8g
Carbs	4.1g	24.6g
of which sugars	1.4g	8.1g
Fibre	1.5g	9.2g
Fat	2.5g	14.8g
of which saturated	1g	6g
Sodium	132mg	787.3mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot Chunks
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
240g	320g	Baby Tomatoes <i>rinse & cut into quarters</i>
90g	120g	Pitted Kalamata Olives <i>drain & roughly slice</i>
6	8	Bocconcini Balls <i>drain & cut into quarters</i>
8g	10g	Fresh Basil <i>rinse, pick & roughly tear</i>
15ml	20ml	Balsamic Vinegar
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU Italian Rub
60g	80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Water
Seasoning (Salt & Pepper)
Paper Towel
Cooking Spray

1. BEETS & ONION Preheat the oven to 200°C. Spread the beetroot and onion on a roasting tray. Lightly coat in cooking spray. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. BOCCONCINI SALAD In a bowl, toss together the baby tomatoes, the olives, the bocconcini balls, the basil and the balsamic vinegar. Season and set aside.

3. NOMU-SPICED CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly and coat it in the NOMU rub. Place a pan over medium heat and lightly add cooking spray. When hot, fry the chicken until browned and cooked through, 1 minute a side. You may need to do this step in batches.

4. BEAUTIFUL WORK! Plate up your salad leaves. Top with balsamic marinated mixture. Side with the roasted veg and the butterflied chicken.