



# UCCOOK

## Spinach & Artichoke Stuffed Chicken

with red pepper pesto & roasted beetroot

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Megan Bure

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 383kj    | 2081kj      |
| Energy             | 92kcal   | 498kcal     |
| Protein            | 9.7g     | 52.7g       |
| Carbs              | 5g       | 29g         |
| of which sugars    | 2g       | 12g         |
| Fibre              | 2g       | 10g         |
| Fat                | 3.6g     | 19.5g       |
| of which saturated | 1.3g     | 6.8g        |
| Sodium             | 231.3mg  | 1257mg      |

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

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                  |
|----------|------------|----------------------------------------------------------------------------------|
| 20g      | 40g        | Sun-dried Tomatoes<br><i>roughly chop</i>                                        |
| 5ml      | 10ml       | NOMU Italian Rub                                                                 |
| 5ml      | 10ml       | Dried Chilli Flakes                                                              |
| 30ml     | 60ml       | Low Fat Cottage Cheese                                                           |
| 200g     | 400g       | Beetroot<br><i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i> |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; shred</i>                                         |
| 30g      | 60g        | Grated Mozzarella Cheese                                                         |
| 20g      | 40g        | Spinach<br><i>rinse &amp; shred</i>                                              |
| 40g      | 80g        | Artichoke Quarters<br><i>drain &amp; roughly chop</i>                            |
| 20ml     | 40ml       | Pesto Princess Red Pepper Pesto                                                  |
| 1        | 2          | Free-range Chicken Breast/s                                                      |

## From Your Kitchen

Cooking Spray  
Seasoning (Salt & Pepper)  
Water  
Paper Towel  
Toothpicks (optional)  
Cling Wrap

**1. READY THE ROAST** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly coat with cooking spray and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. START THE STUFFING** In a bowl, combine the cottage cheese, the spinach, the artichokes, the cheese, ½ the chilli flakes (to taste), and seasoning. Set aside.

**3. DELISH 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 spinach filling onto one side of the chicken. Fold the other side over the filling and secure with toothpicks so it stays closed. Coat the breast in the NOMU rub and seasoning. [\[Repeat with the remaining breast.\]](#)

**4. PESTO DRIZZLE** In a small bowl, mix ½ the red pepper pesto with water in 5ml increments until drizzling consistency. Set aside.

**5. INTO THE OVEN** Place the stuffed chicken on a separate, lightly greased roasting tray. Roast in the oven until cooked through, 15-20 minutes. Alternatively, air fry the chicken at 200°C for 15-20 minutes. Remove the toothpicks and discard before serving.

**6. GREEN SALAD** Once the beetroot is done, toss through the remaining pesto and set aside. Place the sun-dried tomatoes into a salad bowl and toss with the salad leaves. Set aside.

**7. GRAB THE PLATES!** Make a bed of any remaining filling and top with the stuffed chicken. Side with the pesto-tossed beetroot and the salad. Drizzle over the loosened red pesto and scatter with the remaining chilli flakes (to taste) for more spice.