



UCOOK

Pesto Chicken & Butter Beans

with gem squash halves

This succulent chicken dish is packed with vibrant basil pesto flavour and creamy butter beans - guaranteed to make your taste buds happy! The protein is sided with soft gem squash for added nutrients & finished off with a sprinkle of fresh parsley.


Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Carb Conscious

 Leopard's Leap | Culinaria Pinot Noir Chardonnay

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Ingredients & Prep

3	Gem Squash
3	Free-range Chicken Leg Quarters
2	Onions <i>1½ peeled & finely diced</i>
3	Garlic Cloves <i>peeled & grated</i>
30ml	NOMU Provençal Rub
75ml	White Wine
180g	Butter Beans <i>drained & rinsed</i>
150g	Spinach <i>rinsed & roughly shredded</i>
2	Lemons <i>1½ cut into wedges</i>
45ml	Pesto Princess Basil & Lemon Pesto
12g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. GEM SQUASH MASH Place the gem squash in a pot, fully submerge in water, and place over high heat. Once boiling, cook for 25-30 minutes until easily pierced with a knife. Remove from the pot and cut in half. Scoop out the seeds and discard. Return to the pot, cover to keep warm, and set aside for serving.

2. GOLDEN CHICKEN Place a non-stick pan (with a lid) over medium-high heat with a drizzle of oil. Pat the chicken leg quarters dry with paper towel and season. When the pan is hot, add the chicken and fry for 5-6 minutes per side until browned but not cooked through.

3. FRYING FRENZY Keeping the pan on the heat and the chicken in the pan, drain any excess oil from the pan. Add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the grated garlic and the rub. Fry for 1-2 minutes until fragrant, shifting constantly. Add the wine and leave to simmer until almost evaporated. Add the drained butter beans and 200ml of water. Cover with the lid and leave to simmer for 12-15 minutes until the chicken is cooked through and the sauce has slightly thickened.

4. THE BESTO PESTO When the sauce and chicken has 5-6 minutes remaining, add the shredded spinach. On completion, season with a squeeze of lemon juice, salt, and pepper. In a small bowl, loosen the pesto with oil in 5ml increments until drizzling consistency.

5. TIME TO EAT Pop in a knob of butter or drizzle of oil into each gem squash half. Side with the chicken & beans doused with the sauce. Drizzle over the loosened pesto and sprinkle over the chopped parsley. Serve with a lemon wedge. Look at you, Chef!

Nutritional Information

Per 100g

Energy	422kj
Energy	101kcal
Protein	9g
Carbs	4g
of which sugars	1.3g
Fibre	1.5g
Fat	4.8g
of which saturated	1.3g
Sodium	169mg

Allergens

Allium, Tree Nuts, Alcohol

Cook
within 3
Days