

## **UCOOK**

## Chicken Schnitty & Pumpkin Mash

with pesto, pumpkin seeds & grated Italian-style hard cheese

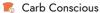
Dinner is sorted with quinoa & cheese crusted-chicken schnitzel, drizzled with basil pesto. An abundance of veggies make this an unforgettable meal: silky smooth pumpkin mash & lemony-sweet sliced cabbage. Finished with toasted pumpkin seeds & fresh parsley.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Thea Richter



Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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Ingredients & Prep	
Pumpkin Chunks cut into bite-sized pieces	
Pumpkin Seeds	
Free-range Chicken Breasts	
Gluten-free Crumb (20ml BIO XXI Quinoa Flakes & 80ml Almond Flour)	
Grated Italian-style Hard Cheese	
Cabbage finely sliced	
Lemon Juice	
Pesto Princess Basil Pesto	
Fresh Parsley rinsed & finely chopped	
r Kitchen	
Oil (cooking, olive or coconut) Salt & Pepper Water Cling Wrap Sugar/Sweetener/Honey Milk (optional) Paper Towel Butter (optional) Egg/s	

1. PUMPKIN MASH Place the pumpkin pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash

2. GOLDEN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally).

Remove from the pan and set aside.

with a fork, season, and cover.

3. BUTTERFLIED CHICKEN Pat the chicken breasts dry with paper towel and place on a chopping board. Use a knife to slice into one side of the

all the way through.) 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. Repeat with the remaining breasts. 4. GLUTEN-FREE CRUMB Whisk 1 egg in a shallow dish with a tsp of water. Prepare another shallow dish containing the gluten-free crumb, the

breast, starting at the thicker side and ending at the thin point (don't cut

egg and then in the gluten-free crumb. 5. CABBAGE SIDE In a bowl, combine the sliced cabbage, the lemon juice, a sweetener, seasoning, and a drizzle of olive oil. Set aside.

grated cheese, and seasoning. Coat the flattened chicken breasts in the

6. GOLDEN SCHNITZEL Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden, 1-3 minutes per side. Season.

7. DELISH DINNER Plate up the pumpkin mash and the cabbage. Side with the crumbed chicken drizzled with the pesto. Scatter over the toasted pumpkin seeds and the chopped parsley. Service, please!

## **Nutritional Information**

Per 100g

Energy

123kcal Energy Protein 9.8g Carbs 8g of which sugars 2.2g Fibre 2g Fat 5.3g of which saturated 1.3g

515kl

82mg

## Allergens

Sodium

Egg, Dairy, Allium, Tree Nuts

Cook within 3 Days