



UCCOOK

Asado Chicken

with pumpkin & sautéed spinach

Hands-on Time: 25 minutes

Overall Time: 40 minutes

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

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	273kJ	1879kJ
Energy	65.2kcal	448.8kcal
Protein	6.5g	44.7g
Carbs	7.9g	54.6g
of which sugars	4.3g	29.6g
Fibre	1.6g	11.3g
Fat	0.8g	5.7g
of which saturated	0.2g	1.6g
Sodium	258.3mg	1778.6mg

Allergens: Sulphites, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	2	Chicken Stock Sachet/s
15ml	30ml	Asado Seasoning <i>(10ml [20ml] NOMU Spanish Rub & 5ml [10ml] Onion Powder)</i>
1	1	Garlic Clove <i>peel & grate</i>
1	2	Free-range Chicken Breast/s <i>pat dry & cut into 1-2cm strips</i>
1	1	Onion <i>peel & finely dice ¼ [½]</i>
50g	100g	Spinach <i>rinse</i>
2	4	Tinned Pineapple Rings <i>drain & roughly chop</i>
15g	30g	Sliced Pickled Jalapeños
10ml	20ml	Lemon Juice

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. IN GOES THE PUMPKIN Boil the kettle. Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. ASADO MARINADE Dilute the stock sachet/s in a bowl with 50ml [100ml] of boiling water. Mix through the Asado seasoning, ½ the garlic and seasoning. Add the chicken to the marinade. Mix and set aside.

3. ON TO THE SPINACH Place a pan (with a lid) over medium heat and lightly add cooking spray. Fry the remaining garlic until fragrant, 30-60 seconds (shifting constantly). Mix through the spinach until wilted, 1-2 minutes (shifting occasionally). Remove from the pan, cover and set aside.

4. JUICY CHICKEN Return the pan to medium heat with more cooking spray (if needed). Remove the chicken from the marinade, reserving the marinade in the bowl. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

5. TURN INTO A SAUCE Return the pan to medium heat. When hot, pour in the reserved marinade and simmer until reduced slightly, 2-3 minutes. Remove from the heat.

6. SALSA STEP In a separate bowl, combine the onion (to taste) with the pineapple, the jalapeños (to taste), ½ the lemon juice, and seasoning. Set aside.

7. DINNER'S READY! Plate up the golden chicken, drizzled with the sauce. Serve the roasted pumpkin and sautéed spinach alongside. Place the fresh salsa on the side and drizzle with the remaining lemon juice.