



UCOOK

Caprese Stuffed Chicken

with roasted baby carrots & a warm cauliflower salad

Indulge in juicy chicken stuffed with mozzarella and tomato slices. This is complemented perfectly by roasted sweet baby carrots, drizzles of basil & lemon pesto, and a comforting cauliflower & almond salad.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Rhea Hsu

 Carb Conscious

 Stellenzicht | Thunderstone Rosé

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Ingredients & Prep

300g	Baby Carrots <i>rinsed & halved, keeping the stems intact</i>
600g	Cauliflower Florets <i>cut into bite-sized pieces</i>
30g	Almonds <i>roughly chopped</i>
3	Free-range Chicken Breasts
2	Tomatoes <i>1½ thinly sliced into rounds</i>
60g	Grated Mozzarella Cheese
7,5ml	Wholegrain Mustard
30ml	Balsamic Vinegar
60g	Green Leaves <i>rinsed</i>
120g	Pickled Bell Peppers <i>drained</i>
90ml	Pesto Princess Basil & Lemon Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Cling Wrap

1. ROAST VEG Preheat the oven to 200°C. Spread the halved baby carrots on one side of a roasting tray, and the cauliflower pieces on the other side. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When there are 3-5 minutes remaining, sprinkle the chopped almonds over the cauliflower and roast for the remaining time.

2. STUFFED CHICKEN Pat the chicken breasts 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 point (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 or bottle to create an even thickness. Season the inside of the chicken. Layer 2-3 tomato rounds and the grated mozzarella onto one side of the chicken. Fold the other side over the filling to close it back up.

3. GOLDEN CHICKY Place the stuffed chicken on a separate roasting tray. Coat the outside of the chicken with a drizzle of oil and seasoning. Roast in the hot oven until cooked through and golden, 12-15 minutes.

4. SALAD STEP In a salad bowl, combine the mustard, the balsamic vinegar, a drizzle of olive oil, a sweetener, and seasoning. Toss through the rinsed green leaves, the roasted cauli & almonds, and the drained pickled peppers.

5. GRAB THE PLATES Plate up the stuffed chicken and spoon over the pesto. Side with the roasted baby carrots and the warm cauliflower salad. Cheers, Chef!

Nutritional Information

Per 100g

Energy	392kJ
Energy	94kcal
Protein	7.6g
Carbs	6g
of which sugars	3.1g
Fibre	2g
Fat	4.3g
of which saturated	0.9g
Sodium	145mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 2
Days