



# UCCOOK

## Bruschetta Chicken

with basil pesto, roasted beetroot & sour cream

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	373kJ	2500kJ
Energy	89kcal	598kcal
Protein	6.8g	45.6g
Carbs	6g	43g
of which sugars	3.1g	20.8g
Fibre	1.6g	10.8g
Fat	3.5g	23.2g
of which saturated	0.8g	5.2g
Sodium	96mg	646mg

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

**Spice Level:** NONE

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim &amp; cut into bite-sized pieces</i>
30g	40g	Almonds <i>roughly chop</i>
60ml	80ml	Sour Cream
240g	320g	Baby Tomatoes <i>rinse &amp; halve</i>
2	2	Onions <i>peel &amp; roughly slice 1½ [2]</i>
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU Italian Rub
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
60ml	80ml	Pesto Princess Basil Pesto
30ml	40ml	Balsamic Reduction
8g	10g	Fresh Oregano <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Cling Wrap  
Seasoning (salt & pepper)

**1. READY THE ROAST** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy and cooked through, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

**2. TOAST & PREP** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, loosen the sour cream with a splash of water. Season and set aside. In a separate bowl, season the tomatoes.

**3. GOLDEN ONIONS** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until lightly golden, 6-7 minutes (shifting occasionally). Remove from the pan, season, and cover.

**4. CHICKEN PREP** Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of each chicken breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up each chicken breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Coat with oil, the NOMU rub, and seasoning.

**5. CHARRED CHICKEN** Return the pan to medium heat with a knob of butter. When hot, fry the chicken until lightly charred and cooked through, 2-3 minutes per side. Remove from the pan.

**6. SOME FRESHNESS** In a salad bowl, combine the salad leaves with a drizzle of olive oil, the toasted nuts, and seasoning.

**7. DINNER IS READY** Plate up the roasted beetroot and the fresh salad. Top with the chicken. Dollop over the sour cream & the basil pesto, sprinkle over the golden onions, and the tomatoes. Drizzle over the balsamic reduction. Garnish with the oregano. Look at you, Chef!