



UCCOOK

Asado Chicken

with pumpkin & sautéed spinach

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	285kJ	1770kJ
Energy	68kcal	423kcal
Protein	7.1g	44g
Carbs	8g	52g
of which sugars	4g	28g
Fibre	2g	10g
Fat	0.9g	5.7g
of which saturated	0.3g	1.6g
Sodium	229.1mg	1421.6mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Pumpkin Chunks <i>cut into bite-sized pieces</i>
3	4	Chicken Stock Sachets
45ml	60ml	Asado Seasoning <i>(30ml [40ml] NOMU Spanish Rub & 15ml [20ml] Onion Powder)</i>
2	2	Garlic Cloves <i>peel & grate</i>
3	4	Free-range Chicken Breasts <i>pat dry & cut into 1-2cm strips</i>
120g	160g	Spinach <i>rinse</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
6	8	Tinned Pineapple Rings <i>drain & roughly chop</i>
60ml	80ml	Jalapeño Relish
30ml	40ml	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, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. ASADO MARINADE Dilute the stock sachets in a bowl with 150ml [200ml] 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, 3-4 minutes. Remove from the heat.

6. SALSA STEP In a separate bowl, combine the spring onion (to taste) with the pineapple, the jalapeño relish (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.