



UCOOK

Melted Mozzarella & Tomato Chicken

with butternut mash & basil pesto

The best chicken & cheese combo you will ever taste has arrived! It has a deliciously crispy almond flour coating and is smothered in a rich tomato sauce with mozzarella melted over the top. Sided with creamy butternut mash and a fragrant basil pesto, this dish is the definition of classic comfort food!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Ella Nasser

Carb Conscious

Paul Cluver | Village Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
300ml	Cheesy Crumb <i>(180ml Almond Flour, 90ml Grated Italian-style Hard Cheese & 30ml NOMU Italian Rub)</i>
3	Free-range Chicken Breasts <i>pat dry & cut into 1cm strips</i>
300g	Cooked Chopped Tomato
2	Garlic Cloves <i>peel & grate</i>
90g	Grated Mozzarella Cheese
60g	Salad Leaves <i>rinse & roughly shred</i>
60g	Radish <i>rinse & slice into thin rounds</i>
8g	Fresh Oregano <i>rinse, pick & roughly chop</i>
60ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s
Milk (optional)
Butter

1. BUTTERNUT MASH Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place the roasted butternut in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. PREP STEP Whisk 2 eggs in a shallow dish with a splash of water. Prepare a second shallow dish containing the cheesy crumb and seasoning. Coat the chicken in the egg mixture, and then in the crumb. Set aside. In a bowl, combine the cooked chopped tomato, the grated garlic (to taste), and seasoning.

3. CHEESY CHICKY Place a pan over medium-high heat with enough oil to cover the base. When hot, add the crumbed chicken and fry until golden, 1-2 minutes per side. You may need to do this step in batches. Drain on paper towel and place on a greased baking tray. Top the crumbed chicken with the garlicky cooked chopped tomato and the grated mozzarella. Set the oven to grill and bake for 2 minutes until the cheese is melted, and the chicken is cooked through.

4. SIDE SALAD In a bowl, combine the rinsed shredded salad leaves, the sliced radish, ½ the chopped oregano, a drizzle of olive oil, and seasoning.

5. YUM, YUM, YUMMY! Plate up the butternut mash. Side with the chicken parm. Dollop over the pesto and sprinkle with the remaining oregano. Serve the salad on the side. Dig in, Chef!

Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the cooked butternut in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

Nutritional Information

Per 100g

Energy	451kJ
Energy	108kcal
Protein	8.9g
Carbs	7g
of which sugars	2g
Fibre	1.9g
Fat	4.5g
of which saturated	1.3g
Sodium	135mg

Allergens

Cow's Milk, Egg, Allium, Sulphites, Tree Nuts

Eat
Within
3 Days