



# UCOOK

## Bruschetta Chicken

**with basil pesto, roasted beetroot & sour cream**

Beautifully oven-roasted beetroot is sided with golden, pan-fried chicken topped with sour cream, basil pesto, caramelised onions, baby tomatoes, and a drizzle of balsamic reduction. Sided with a nutty salad and garnished with fresh oregano.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Carb Conscious

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Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

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

## From Your Kitchen

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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 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!

## Nutritional Information

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Per 100g

Energy	373kJ
Energy	89kcal
Protein	6.8g
Carbs	6g
of which sugars	3.1g
Fibre	1.6g
Fat	0.5g
of which saturated	0.8g
Sodium	96mg

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## Allergens

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

Eat  
Within  
3 Days