



# UCCOOK

## Peppery Grilled Chicken & Roasted Veg

with **crispy chickpeas**

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Carb Conscious:** Serves 3 & 4

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**Chef:** Jade Summers

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**Wine Pairing:** Waterkloof | False Bay Chardonnay

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### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 485kJ    | 3199kJ      |
| Energy             | 116kcal  | 765kcal     |
| Protein            | 8.2g     | 54.3g       |
| Carbs              | 8g       | 51g         |
| of which sugars    | 2.5g     | 16.7g       |
| Fibre              | 2g       | 13.3g       |
| Fat                | 5.5g     | 36.2g       |
| of which saturated | 1.3g     | 8.6g        |
| Sodium             | 140mg    | 922mg       |

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

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**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                     |
|----------|------------|-----------------------------------------------------|
| 600g     | 800g       | Pumpkin Chunks<br><i>cut into bite-sized pieces</i> |
| 2        | 2          | Onions<br><i>peel &amp; cut into wedges</i>         |
| 180g     | 240g       | Chickpeas<br><i>drain &amp; rinse</i>               |
| 30ml     | 40ml       | Crushed Black Peppercorns                           |
| 30g      | 40g        | Walnuts<br><i>roughly chop</i>                      |
| 3        | 4          | Free-range Chicken Breasts                          |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>    |
| 60g      | 80g        | Danish-style Feta<br><i>drain</i>                   |
| 125ml    | 160ml      | Pesto Princess Basil Pesto                          |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

Butter

**1. ROAST WITH THE MOST** Preheat the oven to 200°C. Spread the pumpkin and the onion on a roasting tray. Coat in oil 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). When the roast has reached the halfway mark, coat the chickpeas in oil and seasoning. Scatter the chickpeas over the pumpkin and onion and roast until golden and crispy, 12-15 minutes.

**2. YOU'RE CRUSHING IT** Using a pestle and mortar or the back of a sturdy knife, crush the peppercorns until fine.

**3. TOASTED NUTS** Place the walnuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. BUTTERY CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter, and the peppercorns. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. PREP STEP** To a bowl, add the salad leaves, the nuts, the feta, a drizzle of olive oil, and seasoning. In a separate bowl, loosen the pesto with water in 5ml increments until drizzling consistency. Set aside.

**6. SET THE TABLE** Dish up the pepper chicken. Side with the roasted veggies and the fresh salad. Finish off with drizzles of the loosened pesto. Enjoy, Chef.