



# UCCOOK

## Asado Chicken

with pumpkin & sautéed spinach

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Jemimah Smith

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 277kJ    | 1872kJ      |
| Energy             | 66kcal   | 447kcal     |
| Protein            | 6.6g     | 44.4g       |
| Carbs              | 8g       | 57g         |
| of which sugars    | 5g       | 34g         |
| Fibre              | 2g       | 11g         |
| Fat                | 0.8g     | 5.7g        |
| of which saturated | 0.2g     | 1.6g        |
| Sodium             | 293mg    | 1981mg      |

**Allergens:** Sulphites, Allium

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                        |
|----------|------------|----------------------------------------------------------------------------------------|
| 250g     | 500g       | Pumpkin Chunks<br><i>cut into bite-sized pieces</i>                                    |
| 1        | 2          | Chicken Stock Sachet/s                                                                 |
| 15ml     | 30ml       | Asado Seasoning<br><i>(10ml [20ml] NOMU Spanish Rub &amp; 5ml [10ml] Onion Powder)</i> |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                                |
| 1        | 2          | Free-range Chicken Breast/s<br><i>pat dry &amp; cut into 1-2cm strips</i>              |
| 50g      | 100g       | Spinach<br><i>rinse</i>                                                                |
| 20g      | 40g        | Pickled Onions<br><i>drain &amp; roughly dice</i>                                      |
| 3        | 6          | Tinned Pineapple Rings<br><i>drain &amp; roughly chop</i>                              |
| 15g      | 30g        | Sliced Pickled Jalapeños                                                               |
| 10ml     | 20ml       | Lemon Juice                                                                            |

## From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

**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 or oil (optional) and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. ASADO MARINADE** Dilute the stock sachet/s in a bowl with 50ml [100ml] 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 or oil (optional). 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 or oil (if needed). Remove the chicken from the marinade, reserving the marinade in the bowl. 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. Pour in the reserved marinade and simmer until reduced slightly, 2-3 minutes. Remove from the heat.

**6. SALSA STEP** In a separate bowl, combine the onion (to taste) with the pineapple, the jalapeños (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.