



UCCOOK

Asado Chicken

with pumpkin & sautéed spinach

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

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 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>
150g	200g	Spinach <i>rinse</i>
60g	80g	Pickled Onions <i>drain & roughly dice</i>
9	12	Tinned Pineapple Rings <i>drain & roughly chop</i>
45g	60g	Sliced Pickled Jalapeños
30ml	40ml	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, 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 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, 3-4 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.