



UCOOK

Caprese Stuffed Chicken Breast

with a roasted carrot & baby marrow salad

This visually stunning dish boasts all the colours of the Italian flag - green basil pesto, rounds of ruby tomatoes, and melted mozzarella. Sided with the succulent stuffed chicken breast is a roasted veggie & almond salad and a drizzle of homemade honey-mustard balsamic vinaigrette. It's a culinary work of art, Chef!

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

120g	Carrot <i>rinse, trim, peel & cut into wedges</i>
100g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
10g	Almonds <i>roughly chop</i>
3g	Fresh Basil <i>rinse, pick & thinly slice</i>
20g	Grated Mozzarella Cheese
1	Free-range Chicken Breast
1	Tomato <i>rinse & slice into rounds</i>
30ml	Pesto Princess Basil Pesto
2,5ml	Wholegrain Mustard
10ml	Honey
10ml	Balsamic Vinegar
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Cling Wrap

1. GET THE VEGGIE SALAD STARTED Preheat the oven to 200°C. Spread the carrot wedges and the baby marrow pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When there are 3 minutes remaining, sprinkle over the chopped almonds and roast for the remaining time.

2. NOW FOR THE CAPRESE CHICKEN Combine ½ the sliced basil with the mozzarella. Pat the chicken breast dry with paper towel and place on a chopping board. Using a sharp knife, slice into one side of the breast, starting at the thicker end and ending at the thinner point (be careful not to cut all the way through to the other side.) Open up the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness. Season the inside of the chicken. Layer 2-3 tomato rounds and a spoonful of the mozzarella & basil mixture onto the one side of the breast. Fold the other side of the breast over the filling to close it back up.

3. GET THAT GOLDEN GLOW Season the outside of the chicken and drizzle with oil. Place the stuffed chicken breast on a separate roasting tray and roast in the hot oven until cooked through and golden, 12-15 minutes.

4. IT'S ALL IN THE SAUCE Place the pesto in a small bowl. Add olive oil or water in 5ml increments until drizzling consistency. Set aside. In a separate bowl, combine the mustard, the honey, the balsamic vinegar, a drizzle of olive oil, and seasoning. Set aside.

5. AND THE BEST DRESSED GOES TO... Toss together the shredded salad leaves, the roasted veggies, the remaining basil, and the balsamic vinaigrette. Season.

6. THERE'S A SURPRISE INSIDE! Plate up the caprese stuffed chicken breast and drizzle over the pesto. Side with the dressed carrot & baby marrow salad. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	457kJ
Energy	109kcal
Protein	8.9g
Carbs	6g
of which sugars	4.4g
Fibre	1.4g
Fat	5.5g
of which saturated	1.3g
Sodium	81mg

Allergens

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

Cook
within 3
Days