



# UCOOK

## Grilled Szechuan Chicken & Roasted Veg

with **crispy chickpeas**

From the mountains of the Szechuan province in China, we're bringing you the szechuan pepper (which is actually a berry, Chef!). Despite its intimidating name, it's not a spicy flavour but rather citrusy. This exotic spice will elevate butter-basted chicken breast, sided with a walnut & feta salad and oven-roasted veggie medley.

---

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

---

**Serves:** 2 People

---

**Chef:** Jade Summers

---

Carb Conscious

---

Muratie Wine Estate | Muratie Laurens  
Campher White Blend

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>peel &amp; cut into wedges</i>
20g	Walnuts <i>roughly chop</i>
2	Free-range Chicken Breasts
20ml	Szechuan Peppercorns
120g	Chickpeas <i>drain &amp; rinse</i>
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
40g	Danish-style Feta <i>drain</i>
80ml	Pesto Princess Coriander & Chilli Pesto

## From Your Kitchen

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

**1. ROAST WITH THE MOST** Preheat the oven to 200°C. Spread the pumpkin pieces, and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). When the roast has reached the halfway mark, coat the drained chickpeas in oil, and seasoning. Scatter the dressed 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 szechuan peppercorns until fine.

**3. TOASTED NUTS** Place the chopped 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. When hot, 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 crushed peppercorns. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. PREP STEP** To a bowl, add the shredded leaves, the toasted nuts, the drained 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 szechuan pepper chicken. Side with the roasted veggies and the fresh salad. Finish off with drizzles of the loosened pesto. Enjoy, Chef.



## Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	427kJ
Energy	102kcal
Protein	7.5g
Carbs	7g
of which sugars	2.4g
Fibre	1.9g
Fat	4.4g
of which saturated	1g
Sodium	48mg

## Allergens

Cow's Milk, Allium, Tree Nuts

Eat  
Within  
3 Days