



UCOOK

Basil Pesto Chicken & Quinoa

with butternut, baby tomato & feta

It's as wholesome as it is delish! Golden pan-fried chicken breast, basted in a rich basil pesto, and set atop quinoa, roast butternut, blistered baby tomatoes, and spinach. This dish is finished off with pumpkin seeds, creamy feta, and fresh parsley.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Tess Witney

 Fan Faves

 Creation Wines | Creation Viognier 2022

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

Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
75ml	Quinoa
100g	Baby Tomatoes
10g	Pumpkin Seeds
1	Free-range Chicken Breast
25ml	Pesto Princess Basil Pesto
20g	Spinach <i>rinsed</i>
15ml	Balsamic Vinegar
40g	Danish-style Feta <i>drained</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GET ROASTIN' Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes, shifting halfway.

2. GET YOUR QUINOA ON Rinse the quinoa and place in a pot. Submerge in 200ml of salted water, place over a medium-high heat, and bring to a simmer uncovered. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required. On completion, drain if necessary and return to the pot. Cover with a lid and stand off the heat for 5 minutes.

3. BLISTERED BABY TOMATOES Place the baby tomatoes in a bowl, add a drizzle of oil, some seasoning and toss to coat. When the butternut has been roasting for 10-15 minutes, scatter over the baby tomatoes and continue to roast for the remaining time. On completion, the butternut should be cooked through and the tomatoes should have blistered and caramelised.

4. SEEDS & PESTO Place a pan that has a lid over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion. When the roast has 10 minutes to go, return the pan to a medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When the pan is hot, fry the chicken for 5-7 minutes on one side until golden. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. During the final minute, baste with $\frac{3}{4}$ of the basil pesto and a knob of butter (optional). Remove from the heat and rest in the pan for 5 minutes before slicing and seasoning. Reserve the pan juices.

5. THE TOSS UP When the roast is ready, remove from the oven and add the cooked quinoa and rinsed spinach to the tray. If your tray isn't big enough, transfer the ingredients to a bowl. Toss together until the spinach has wilted and the tomatoes have split. Pour over the vinegar to taste and crumble over $\frac{3}{4}$ of the drained feta. Toss again and season to taste.

6. LET'S EAT Pile up the quinoa jumble and top with the slices of pesto chicken. Dollop with the remaining pesto and drizzle over the pan juices to taste. Garnish with the remaining feta, the toasted pumpkin seeds, and the chopped parsley. Wow, Chef!

Nutritional Information

Per 100g

Energy	624kJ
Energy	149kcal
Protein	8.2g
Carbs	12g
of which sugars	1.9g
Fibre	1.9g
Fat	7.2g
of which saturated	2.2g
Sodium	108mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days