



# UCOOK

## Ricotta-Stuffed Chicken Breast

with sun-dried tomatoes, a quinoa salad & Dijon dressing

Juicy baked chicken, infused with the refreshing flavours of a creamy ricotta and sun-dried tomato stuffing. With a jumble of roast chickpeas and tomatoes, parsley, and quinoa for wholehearted Mediterranean nourishment.

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Emma Dittmer

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♥ Health Nut

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Antonij Rupert | Cape of Good Hope Altima  
Sauvignon Blanc

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## Ingredients & Prep

240g	Chickpeas <i>drained &amp; rinsed</i>
10ml	NOMU Spanish Rub
150ml	Quinoa
80g	Ricotta
50g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
2	Free-range Chicken Breasts
1	Plum Tomato <i>cut into thick slices</i>
30ml	Dijon Dressing <i>(20ml Honey &amp; 10ml Dijon Mustard)</i>
1	Lemon <i>zested &amp; cut into wedges</i>
8g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
40g	Salad Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. SPICY ROAST CHICKPEAS** Preheat the oven to 200°C. Place the drained chickpeas in a deep roasting tray. Coat in oil, seasoning, and the Spanish rub to taste. Spread out in a single layer and roast in the hot oven for 20-25 minutes until crispy.

**2. BUBBLING QUINOA** Rinse the quinoa and place in a pot. Submerge in 600ml of salted water, place over a medium-high heat, and bring to a simmer uncovered. Cook for 20-25 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

**3. PREP THE CHICKY** In a bowl, mix some olive oil with the ricotta until well combined. Mix in the chopped sun-dried tomatoes and some seasoning. Pat the chicken breasts dry with paper towel and place on a chopping board. Where the flesh is thicker, make a small, horizontal incision along the side. Using your fingers or a knife, gently pull the flesh apart to make a little pocket for the stuffing.

**4. INFUSE THE CHICKY** Transfer the breasts to a lightly greased baking tray and stuff the pocket/s with ricotta filling — don't worry if it spills out. Place the tomato slices around it, drizzle over some oil, and season. Bake in the hot oven for 15-20 minutes until the chicken is cooked through and the tomatoes are blistered.

**5. HEARTY QUINOA SALAD** Combine the Dijon dressing with the juice of 3 lemon wedges and season to taste. When the chickpeas are crispy, remove from the oven and allow to cool for 5 minutes before adding the cooked quinoa to the tray. Be careful in case it's still hot! Add in  $\frac{3}{4}$  of the chopped parsley, some lemon zest to taste, and any leftover ricotta stuffing (if you'd like). Toss with the Dijon dressing (to taste). In a bowl, toss the rinsed salad leaves with a drizzle of oil and some seasoning.

**6. LOAD UP & TUCK IN!** Make a bed of jam-packed quinoa and scatter with the roast tomatoes. Place the stuffed chicken on top and pour over any juices from its tray. Side with the dressed leaves and sprinkle over the remaining chopped parsley and lemon zest to taste. Delish!



## Chef's Tip

Ricotta is an Italian whey cheese made from sheep, cow, goat, or Italian water buffalo milk whey left over from the production of other cheeses.

## Nutritional Information

Per 100g

Energy	586kj
Energy	140Kcal
Protein	10.6g
Carbs	16g
of which sugars	4.5g
Fibre	2.8g
Fat	3.6g
of which saturated	0.9g
Sodium	91mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days