

# UCOOK

## Melted Mozzarella & Tomato Chicken

with pumpkin mash & basil pesto

The best chicken & cheese combo you will ever taste has arrived! It has a deliciously crispy almond flour coating and is smothered in a rich tomato sauce with mozzarella melted over the top. Sided with creamy pumpkin mash and a fragrant basil pesto, this dish is the definition of classic comfort food!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Carb Conscious

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 Creation Wines | Creation Chardonnay

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## Ingredients & Prep

|       |                                                                                                                |
|-------|----------------------------------------------------------------------------------------------------------------|
| 600g  | Pumpkin Chunks<br><i>cut into bite-sized pieces</i>                                                            |
| 300ml | Cheesy Crumb<br><i>(180ml Almond Flour, 90ml Grated Italian-style Hard Cheese &amp; 30ml NOMU Italian Rub)</i> |
| 450g  | Free-range Chicken Mini Fillets<br><i>pat dry</i>                                                              |
| 300g  | Cooked Chopped Tomato                                                                                          |
| 2     | Garlic Cloves<br><i>peeled &amp; grated</i>                                                                    |
| 90g   | Grated Mozzarella                                                                                              |
| 60g   | Salad Leaves<br><i>rinsed &amp; roughly shredded</i>                                                           |
| 60g   | Radish<br><i>rinsed &amp; sliced into thin rounds</i>                                                          |
| 12g   | Fresh Oregano<br><i>rinsed, picked &amp; roughly chopped</i>                                                   |
| 60ml  | Pesto Princess Basil & Lemon Pesto                                                                             |

## From Your Kitchen

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

**1. PUMPKIN MASH** Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place the roasted pumpkin in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

**2. PREP STEP** Whisk 2 eggs in a shallow dish with a splash of water. Prepare a second shallow dish containing the cheesy crumb and seasoning. Coat the chicken in the egg mixture, and then in the crumb. Set aside. In a bowl, combine the cooked chopped tomato, the grated garlic (to taste), and seasoning.

**3. CHEESY CHICKY** Place a pan over medium-high heat with enough oil to cover the base. When hot, add the crumbed chicken and fry until golden, 1-2 minutes per side. You may need to do this step in batches. Drain on paper towel and place on a greased baking tray. Top the crumbed chicken with the garlicky cooked chopped tomato and the grated mozzarella. Set the oven to grill and bake for 2 minutes until the cheese is melted, and the chicken is cooked through.

**4. SIDE SALAD** In a bowl, combine the rinsed shredded salad leaves, the sliced radish, ½ the chopped oregano, a drizzle of olive oil, and seasoning.

**5. YUM, YUM, YUMMY!** Plate up the pumpkin mash. Side with the chicken parm. Dollop over the pesto and sprinkle with the remaining oregano. Serve the salad on the side. Dig in, 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). Place the cooked pumpkin in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 508kj   |
| Energy             | 121kcal |
| Protein            | 9.9g    |
| Carbs              | 7g      |
| of which sugars    | 2.4g    |
| Fibre              | 2.3g    |
| Fat                | 6.3g    |
| of which saturated | 1.6g    |
| Sodium             | 180mg   |

## Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 2  
Days