



UCCOOK

Parma-stuffed Chicken

with roasted carrot & Kalamata olives

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	491kJ	3199kJ
Energy	117kcal	765kcal
Protein	9.5g	61.8g
Carbs	10g	62g
of which sugars	3.3g	21.6g
Fibre	1.5g	9.8g
Fat	6.7g	44g
of which saturated	1.9g	12.1g
Sodium	286mg	1868mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot
8g	10g	Fresh Chives
60g	80g	Salad Leaves
60g	80g	Pitted Kalamata Olives
60g	80g	Danish-style Feta
150g	200g	Cucumber
3	4	Free-range Chicken Breasts
80g	80g	Parma Ham
60g	80g	Grated Mozzarella
120ml	160ml	Italian Seasoned Flour (105ml [140ml] Cake Flour &(15ml [20ml] Nomu Italian Rub)
180ml	240ml	Cheese Crumb (150ml [200ml] Panko Breadcrumbs & (30ml [40ml] Grated Italian-style Cheese)
3 units	4 units	UCOOK Honey Mustard Dressing

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Egg/s
Paper Towel
Toothpicks (optional)

1. CRISP CARROT Preheat the oven to 200°C. Rinse, trim, peel and cut the carrot into wedges. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SOME PREP Rinse and finely slice the chives, rinse the salad leaves, drain and halve the olives, drain and crumble the feta, rinse and cut the cucumber into half-moons. Set aside.

3. BUTTERFLY CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness.

4. STUFFED CHICKEN Place the flattened chicken breasts, cut-side down, on the chopping board and season. Cover with 3-4 slices of ham, leaving a small gap around the edges of each breast. Sprinkle over the mozzarella cheese. Lightly wet the edges of each breast with water, then dust with a little flour. Fold the breasts in half, so the ham and cheese are encased inside. Press the edges together to firmly seal. You may need to secure each breast closed with a few toothpicks.

5. COAT & FRY Whisk 2 eggs in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour and the other containing the cheese crumb and ½ the chives. Coat the stuffed breasts in the flour first, then in the egg, and, lastly, in the cheese crumbs. Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the coated breast until golden, 2-3 minutes per side. Remove from the pan and transfer to a roasting tray. Roast in the hot oven until cooked through, 8-10 minutes.

6. TOSSED SALAD In a salad bowl, combine the salad leaves, olives, feta, cucumber, a drizzle of olive oil, and seasoning.

7. YUM! Dish up the carrot wedges. Side with the stuffed chicken breast and the salad. Drizzle with the honey-mustard dressing (to taste). Garnish with the remaining chives.