

# UCOOK

## Goat Cheese-stuffed Chicken

with roast beetroot & a fresh green salad

You can't help feeling a bit cheffy when you make stuffed chicken breast, especially with a zesty goat's cheese & nut filling like this one, Chef! Complemented by earthy oven-roasted beetroots, a dressed cucumber & greens salad, and toasted almonds.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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Carb Conscious

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 Doos Wine | Doos Dry White 3L

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## Ingredients & Prep

|      |                                                                 |
|------|-----------------------------------------------------------------|
| 400g | Beetroot<br><i>rinse, trim &amp; cut into bite-sized pieces</i> |
| 20g  | Almonds<br><i>roughly chop</i>                                  |
| 100g | Chevin Goat's Cheese                                            |
| 1    | Lemon<br><i>rinse, zest &amp; cut into wedges</i>               |
| 1    | Garlic Clove<br><i>peel &amp; grate</i>                         |
| 5g   | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>          |
| 2    | Free-range Chicken Breasts                                      |
| 40g  | Green Leaves<br><i>rinse</i>                                    |
| 100g | Cucumber<br><i>rinse &amp; cut into half-moons</i>              |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Cling Wrap  
Paper Towel

**1. BEGIN WITH BEETS** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. CHOP-CHOP** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. GOAT'S CHEESE GOODNESS** In a small bowl, combine the goat's cheese with the juice from 2 lemon wedges (to taste), the lemon zest (to taste), the grated garlic, ½ the toasted nuts, and ½ the chopped parsley. Season and set aside.

**4. STUFFED CHICKEN** Pat the chicken breasts dry with paper towel and place on a chopping board. Using a sharp knife, slice into one side of the breast, starting at the thicker end and ending at the thinner point (be careful not to cut all the way through to the other side.) Open out the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness. Season the inside of the chicken. Smear ½ of the goat's cheese mixture onto the one side of the breast. Fold the other side of the breast over the filling to close it back up. Repeat with the other breasts.

**5. INTO THE OVEN** Season the outside of the chicken and drizzle with oil. Place the stuffed chicken breasts on a separate roasting tray and roast in the hot oven until cooked through, 12-15 minutes. In the final 8-10 minutes, turn the oven to grill or the highest setting, and grill until golden brown.

**6. FOR SOME FRESHNESS** In a bowl, combine a squeeze of lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss through the rinsed leaves and the cucumber half-moons.

**7. YOUR LAST STEP? TO ENJOY!** Plate up the goat's cheese stuffed chicken breasts and serve the roasted beets alongside. Side with the dressed green salad. Garnish with the remaining toasted nuts and the remaining chopped parsley. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 357kJ  |
| Energy             | 85kcal |
| Protein            | 8.7g   |
| Carbs              | 5g     |
| of which sugars    | 1.4g   |
| Fibre              | 1.7g   |
| Fat                | 3.4g   |
| of which saturated | 1.5g   |
| Sodium             | 79mg   |

## Allergens

Allium, Tree Nuts

Eat  
Within  
3 Days