



UCOOK

Grilled Szechuan Chicken & Roasted Veg

with **crispy chickpeas**

From the mountains of the Szechuan province in China, we're bringing you the szechuan pepper (which is actually a berry, Chef!). Despite its intimidating name, it's not a spicy flavour but rather citrusy. This exotic spice will elevate butter-basted chicken breast, sided with a walnut & feta salad and oven-roasted veggie medley.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Carb Conscious

Muratie Wine Estate | Muratie Laurens
Campher White Blend

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>peel & cut into wedges</i>
10g	Walnuts <i>roughly chop</i>
1	Free-range Chicken Breast
10ml	Szechuan Peppercorns
60g	Chickpeas <i>drain & rinse</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Danish-style Feta <i>drain</i>
40ml	Pesto Princess Coriander & Chilli Pesto

From Your Kitchen

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

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the pumpkin pieces, and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). When the roast has reached the halfway mark, coat the drained chickpeas in oil, and seasoning. Scatter the dressed chickpeas over the pumpkin and onion and roast until golden and crispy, 12-15 minutes.

2. YOU'RE CRUSHING IT Using a pestle and mortar or the back of a sturdy knife, crush the szechuan peppercorns until fine.

3. TOASTED NUTS Place the chopped walnuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. BUTTERY CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter, and the crushed peppercorns. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. PREP STEP To a bowl, add the shredded leaves, the toasted nuts, the drained feta, a drizzle of olive oil, and seasoning. In a separate bowl, loosen the pesto with water in 5ml increments until drizzling consistency. Set aside.

6. SET THE TABLE Dish up the szechuan pepper chicken. Side with the roasted veggies and the fresh salad. Finish off with drizzles of the loosened pesto. Enjoy, 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).

Nutritional Information

Per 100g

Energy	427kJ
Energy	102kcal
Protein	7.5g
Carbs	7g
of which sugars	2.4g
Fibre	1.9g
Fat	4.4g
of which saturated	1g
Sodium	48mg

Allergens

Cow's Milk, Allium, Tree Nuts

Eat
Within
3 Days