



UCOOK

Chicken Schnitty & Pumpkin Mash

with pesto, pumpkin seeds & grated Italian-style hard cheese


Dinner is sorted with quinoa & cheese crusted-chicken schnitzel, drizzled with basil pesto. An abundance of veggies make this an unforgettable meal: silky smooth pumpkin mash & lemony-sweet sliced cabbage. Finished with toasted pumpkin seeds & fresh parsley.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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Ingredients & Prep

200g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
10g	Pumpkin Seeds
1	Free-range Chicken Breast
50ml	Gluten-free Crumb <i>(10ml BIO XXI Quinoa Flakes & 40ml Almond Flour)</i>
30ml	Grated Italian-style Hard Cheese
100g	Cabbage <i>finely sliced</i>
10ml	Lemon Juice
30ml	Pesto Princess Basil Pesto
4g	Fresh Parsley <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. PUMPKIN MASH Place the pumpkin pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. GOLDEN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BUTTERFLIED CHICKEN Pat the chicken breast dry with paper towel and place on a chopping board. Use a knife to slice into one side of the breast, starting at the thicker side and ending at the thin point (don't cut all the way through.) Open up 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.

4. GLUTEN-FREE CRUMB Whisk 1 egg in a shallow dish with a tsp of water. Prepare another shallow dish containing the gluten-free crumb, the grated cheese, and seasoning. Coat the flattened chicken breast in the egg and then in the gluten-free crumb.

5. CABBAGE SIDE In a bowl, combine the sliced cabbage, the lemon juice, a sweetener, seasoning, and a drizzle of olive oil. Set aside.

6. GOLDEN SCHNITZEL Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden, 1-3 minutes per side. Season.

7. DELISH DINNER Plate up the pumpkin mash and the cabbage. Side with the crumbed chicken drizzled with the pesto. Scatter over the toasted pumpkin seeds and the chopped parsley. Service, please!

Nutritional Information

Per 100g

Energy	515kJ
Energy	123kcal
Protein	9.8g
Carbs	8g
of which sugars	2.2g
Fibre	2g
Fat	5.3g
of which saturated	1.3g
Sodium	82mg

Allergens

Egg, Dairy, Allium, Tree Nuts

Cook
within 3
Days