



UCCOOK

Jalapeño Popper Stuffed Chicken

with homemade guacamole & cream cheese

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	652kJ	5917kJ
Energy	156kcal	1416kcal
Protein	8g	72.8g
Carbs	17g	157g
of which sugars	2.9g	25.9g
Fibre	3.7g	33.9g
Fat	6.1g	55.4g
of which saturated	1.8g	16.3g
Sodium	98mg	891mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
50ml	100ml	Cream Cheese
15g	30g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
1	1	Spring Onion <i>rinse & finely chop</i>
75ml	150ml	Couscous
1	2	Free-range Chicken Breast/s
30ml	60ml	Spiced Flour <i>(25ml [50ml] Cake Flour & 5ml [10ml] Old Stone Mill Mexican Spice)</i>
50g	100g	Corn Flakes <i>crush</i>
50g	100g	Corn
120g	240g	Red Kidney Beans <i>drain & rinse</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
1	1	Avocado

From Your Kitchen

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

1. CHEESY CHILLI & COUSCOUS Boil the kettle. To a bowl, add the sun-dried tomatoes, the cream cheese, the jalapeños, ½ the spring onion (to taste) and seasoning. Mix to combine and set aside. Place the couscous in a bowl with 50ml [100ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. STUFF THE CHICKEN Pat the chicken breast/s dry with paper towel and place on a chopping board. Using a sharp knife, slice into one side of the chicken, starting at the thicker end and ending at the thin side (do not 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. Season the inside of the chicken. Spread the tomato-jalapeño filling onto one side of the breast. Fold the other side over the filling and secure with toothpicks so it stays closed. *[Repeat this with the remaining breast]*.

3. SPICY CRUMBED CHICKEN Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the spiced flour (seasoned lightly), and one containing the Cornflake crumb. Coat the stuffed chicken in the seasoned flour, dusting off any excess. Coat in the whisked egg, and lastly, the crumb. Repeat this with the remaining breast. Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the chicken until golden, 4-5 minutes per side. Remove from the pan and rest for 5 minutes before slicing. Alternatively, air fry at 200°C until crispy and cooked through, 5-7 minutes. Remove from the air fryer, slice, and season.

4. LOADED COUSCOUS To a small bowl, add the corn, the kidney beans, the tomatoes, the couscous, the remaining spring onion, olive oil and seasoning. Set aside.

5. GUACAMOLE Halve the avocado and remove the pit. Scoop the avocado flesh into a bowl and mash with a fork and season.

6. WINNER CHICKEN DINNER Make a bed of the loaded couscous salad. Top with the chicken and dollop over the guac. Get munching, Chef!