



UCCOOK

Chicken Street Corn Salad

with sweet potato

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Chloe Hughes

Nutritional Info	Per 100g	Per Portion
Energy	315kJ	1829kJ
Energy	75kcal	437kcal
Protein	7.9g	46.1g
Carbs	7g	42g
of which sugars	2g	13g
Fibre	2g	9g
Fat	1.4g	8.2g
of which saturated	0.6g	3.3g
Sodium	29mg	171mg

Allergens: Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1		[Serves 2]
100g	200g	Sweet Potato Chunks <i>cut into small bite-sized pieces</i>
50g	100g	Corn
1	2	Free-range Chicken Breast/s
7.5ml	15ml	Old Stone Mill Mexican Spice
1	2	Tomato/es <i>rinse & roughly dice</i>
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
50ml	100ml	Greek Yoghurt
40g	80g	Green Leaves <i>rinse & roughly shred</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Lightly coat with cooking spray or oil (optional) and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. CORN Lightly coat the corn with cooking spray or oil (optional) and season. When the roast has 5-10 minutes to go, scatter over the corn and roast for the remaining time until lightly golden.

3. CHICKEN Place a pan over medium-high heat. Pat the chicken dry with paper towel and cut into bite-sized pieces. Lightly coat with cooking spray or oil (optional), Mexican spice, and seasoning. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan.

4. BETTER TOGETHER In a bowl, combine the roast, chicken, tomato, peppers, spring onion (to taste), and yoghurt.

5. TIME TO DINE Bowl up the green leaves, top with the loaded creamy salad, and garnish with the coriander. Enjoy, Chef!