



WCOOK

Coriander & Lime Chicken

with red pepper pesto & almonds

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	551kJ	3134kJ
Energy	132kcal	750kcal
Protein	10.4g	59.2g
Carbs	5g	29g
of which sugars	2.2g	12.7g
Fibre	1.5g	8.4g
Fat	7.3g	41.8g
of which saturated	1.9g	10.5g
Sodium	175mg	996mg

Allergens: Cow's Milk, Egg, Allium, Sulphites, Tree Nuts,
Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15ml	20ml	Maple-flavoured Syrup
30ml	40ml	NOMU Mexican Spice Blend
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
45ml	60ml	Lime Juice
15ml	20ml	Dried Chilli Flakes
6	8	Free-range Chicken Pieces
600g	800g	Beetroot Chunks <i>cut into bite-sized pieces</i>
60ml	80ml	Pesto Princess Red Pepper Pesto
60g	80g	Salad Leaves <i>rinse</i>
30g	40g	Almonds <i>roughly chop</i>
90ml	120ml	Colleen's Handmade Thai Coriander Sauce
60ml	80ml	Grated Italian-style Hard Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. ZESTY MARINADE Preheat the oven to 200°C. In a bowl (large enough for the chicken pieces), combine the maple-flavoured syrup, the NOMU spice blend, $\frac{3}{4}$ of the coriander, the lime juice, $\frac{1}{2}$ the chilli flakes (to taste), a drizzle of oil, and seasoning. Pat the chicken pieces dry with paper towel and toss through the marinade until coated. Set aside to marinate for at least 10-15 minutes.

2. ROASTED BEETS Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

3. ROASTED CHICKY Place the marinated chicken pieces on a separate roasting tray. Reserve the marinade in the bowl. Roast the chicken in the hot oven until cooked through and crispy, 35-40 minutes. At the halfway mark, give the tray a shift and pour the reserved marinade over the chicken pieces.

4. ALMOST THERE... When the beetroot is finished roasting, toss through $\frac{1}{2}$ the pesto. In a salad bowl, combine the salad leaves, the almonds, a drizzle of olive oil, and seasoning.

5. WINNER WINNER, CHICKEN DINNER! Plate up the roasted coriander & lime chicken. Side with the pesto-coated beetroot. Dollop over the remaining pesto, drizzle with the Thai coriander sauce, sprinkle with the grated cheese, and side with the salad. Sprinkle over the remaining chilli flakes (to taste) and coriander. Amazing work, Chef!

Chef's Tip If you would like to toast the nuts, place them in a pan over medium heat. Toast for 3-5 minutes until golden brown.