



# UCOOK

## Greek-style Roast Veg & Chicken

with Kalamata olives & Danish-style feta

Prepare to dig into a Greek feast of roasted butternut, baby tomatoes, onion wedges, green beans and olives. This colourful roast veg medley is then topped with mustard-marinated chicken fillets and feta morsels. Garnished with fresh parsley and a drizzle of lemon juice.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Farren Abbott

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 Carb Conscious

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 Creation Wines | Creation Chenin Blanc

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## Ingredients & Prep

1	Butternut Whole <i>de-seeded, peeled (optional) &amp; cut into bite-sized pieces</i>
160g	Baby Tomatoes <i>rinsed</i>
1	Red Onion <i>peeled &amp; cut into wedges</i>
30ml	Chicken Rub <i>(10ml Dijon Mustard &amp; 20ml NOMU Poultry Rub)</i>
1	Garlic Clove <i>peeled &amp; grated</i>
300g	Free-range Chicken Mini Fillets
160g	Green Beans <i>rinsed, trimmed &amp; halved</i>
60g	Pitted Kalamata Olives <i>drained &amp; halved</i>
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
60g	Danish-style Feta <i>drained</i>
20ml	Lemon Juice
8g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. VEGGIE ROAST** Preheat the oven to 200°C. Spread the butternut pieces, the rinsed tomatoes, and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. PREP STEP** Place the chicken rub into a bowl and mix with the grated garlic, a drizzle of oil and seasoning. Pat the chicken mini fillets dry with paper towel. Mix through the marinade and set aside. In a bowl, add the halved green beans and the halved olives. Coat with oil, season and set aside.

**3. GREEN BEANS & OLIVES** When the roast has 10-15 minutes remaining, scatter the green beans & olives over and roast for the remaining time.

**4. FRY THE FILLETS** Place a pan over medium heat with a drizzle of oil. When hot, fry the marinated chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

**5. GREEN LEAVES** When the roast is done, toss with the shredded leaves.

**6. DINNER IS SERVED** Plate up the Greek-style roast, top with the chicken, and crumble over the drained feta. Drizzle it all with the lemon juice and garnish with the chopped parsley. Dig in, Chef!



## Chef's Tip

Air fryer method: Coat the butternut pieces, tomatoes, and onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes. Add the dressed green beans and olives at the halfway mark.

## Nutritional Information

Per 100g

Energy	323kj
Energy	77kcal
Protein	6.5g
Carbs	7g
of which sugars	2g
Fibre	1.8g
Fat	2.4g
of which saturated	0.9g
Sodium	150mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 2  
Days