

# U C O O K

— COOKING MADE EASY

## Pick-Me-Up Pesto Chicken

**with smoked paprika, dried cranberries  
& a red pepper pesto sauce**

Chicken pieces roasted with smoked paprika and smothered in a red pesto and yoghurt sauce — crispy, creamy, tangy, and peppery! With nourishment from rice and kale, a ping of sweetness from dried cranberries, and a burst of freshness from mint. Your midweek mojo is here!

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**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Alex Levett

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**Health Nut**

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## Ingredients & Prep

8	Free-Range Chicken Pieces
10ml	Smoked Paprika
3	Garlic Clove
300ml	Brown Basmati Rice
20ml	Vegetable Stock
200g	Kale <i>rinsed &amp; roughly shredded</i>
90ml	Pickling Liquid <i>(60ml White Wine Vinegar &amp; 30ml Honey)</i>
80ml	Pesto Princess Red Pepper Pesto
250ml	Plain Yoghurt
80g	Dried Cranberries <i>roughly chopped</i>
10g	Fresh Mint <i>rinsed, picked &amp; roughly sliced</i>

## From Your Kitchen

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

**1. CRISPY ON THE OUTSIDE, JUICY ON THE INSIDE** Preheat the oven to 200°C. Place the chicken pieces on a roasting tray skin-side up and pat dry with paper towel. Coat in oil, the smoked paprika to taste, and some seasoning. Nestle in the whole, unpeeled garlic cloves and roast in the hot oven for 35-40 minutes until cooked through and becoming crispy.

**2. PUT THE RICE ON** Rinse the rice, place in a pot, and submerge in 800ml of water. Stir through the stock, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

**3. IT'S ALL A O-KALE!** When the chicken has 10 minutes remaining, place the shredded kale in a bowl with half of the pickling liquid, a drizzle of oil, and some seasoning. Using your hands, gently massage until softened and coated in oil. Place a nonstick pan over a medium heat. When hot, sauté the kale for 2-3 minutes until wilted. Remove from the pan and return to the bowl. Cover with a plate and set aside to keep warm until serving.

**4. PEPPY RED PEPPER PESTO** Wipe down the pan and return it to a low-medium heat with a drizzle of oil. When hot, fry the pesto for about a minute until fragrant, shifting continuously. Peel the roast garlic, discard the skin, and add the flesh to the pan. Whisk in the yoghurt and the remaining pickling liquid to taste. Gently heat through for 2-3 minutes, whisking constantly. If necessary, gradually add water or milk to extend the sauce. Season to taste and remove from the heat on completion.

**5. IT'S SUPPERTIME!** Make a bed of basmati rice and top with the silky kale and the golden chicken. Pour over the red pesto sauce and garnish with the chopped cranberries and fresh, sliced mint. Enjoy!



## Chef's Tip

Kale is high in vitamin C and iron. Vitamin C assists with the absorption and metabolism of iron — even in the presence of inhibitory substances! A quick massage and a sauté or roast makes it a great in stews, salads, and side dishes. Otherwise, simply add it raw to smoothies or juices.

## Nutritional Information

Per 100g

Energy	778kJ
Energy	186Kcal
Protein	12.1g
Carbs	18g
of which sugars	3.6g
Fibre	2.9g
Fat	7.3g
of which saturated	1.8g
Sodium	206mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days