



UCOOK

Smoky Chicken & Corn

with a black bean salsa & fresh coriander

A simple and quick dinner. Pan-fried chicken breast sits atop a fresh black bean salsa of coriander, feta, and lemon. Served with roasted corn and red onion. Delish!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

♥ Health Nut

🍷 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

1	Free-range Chicken Breast
20ml	Low Fat Plain Yoghurt
5ml	Smoked Paprika
1	Corn On The Cob <i>cut into thirds</i>
1	Red Onion <i>½ peeled & cut into wedges</i>
1	Garlic Clove
10ml	NOMU Mexican Spice Blend
60g	Black Beans <i>drained & rinsed</i>
1	Plum Tomato <i>finely diced</i>
1	Lemon <i>½ zested & cut into wedges</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
40g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. ROAST REVOLUTION Preheat the oven to 200°C. Pat the chicken dry with some paper towel and place in a bowl. Mix in the yoghurt, smoked paprika, and some seasoning, fully coating the chicken in the marinade. Place in the fridge and allow to marinate. On a roasting tray, place the corn, ½ the onion wedges, and the whole garlic clove. Coat in oil, the Mexican Blend to taste, salt, and pepper. Place in the hot oven and roast for 15-20 minutes until browned and cooked through, shifting halfway.

2. BLACK BEAN BOUNTY Roughly chop the remaining onion wedges. In a bowl, mix the drained black beans, the chopped onion, the diced tomato, the lemon zest, ½ the chopped coriander, a squeeze of lemon juice, and a drizzle of oil. Season to taste.

3. WHEN THE ROAST HAS 10 MINUTES REMAINING... Place a pan (that has a lid) over a medium heat with a drizzle of oil. When the pan is hot, remove the chicken from the marinade and fry on one side for 5-7 minutes until golden. (You can discard the marinade!) Flip, pop on the lid and fry for a further 5-6 minutes until cooked through. Remove from the heat on completion and set aside to rest in the pan for 5 minutes before slicing and seasoning.

4. ALMOST THERE! When the roast is done, carefully (it's hot!) squeeze the flesh out of the roast garlic and roughly chop. Add to the black bean salsa (to taste).

5. EASY-PEASY DINNER! Make a bed of roast corn and roasted onion wedges. Side with the black bean salsa, crumble over the feta and lay on the slices of smoky chicken. Sprinkle with the remaining coriander and a squeeze of lemon juice. Serve with any remaining lemon wedges and tuck in!

Nutritional Information

Per 100g

Energy	384kJ
Energy	92Kcal
Protein	8.7g
Carbs	8g
of which sugars	2.6g
Fibre	1.7g
Fat	3g
of which saturated	1.5g
Sodium	207mg

Allergens

Dairy, Allium

Cook
within 3
Days