



UCOOK

Spanish Chicken & Spicy Corn Salad

with fresh coriander, carrot wedges & chilli flakes


Chicken breast is coated in a Spanish rub, baked to perfection, and sided with caramelised, oven-roasted carrot wedges. The dish is elevated with a smoky and spicy corn & bean salad tossed with fresh green leaves & zesty lime juice. A tangy sour cream drizzle adds a creamy final touch.


Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Jemell Willemborg

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Pebble Hill

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

960g	Carrot <i>rinsed, trimmed & cut into wedges</i>
40g	Sunflower Seeds
4	Free-range Chicken Breasts
20ml	NOMU Spanish Rub
80ml	Sour Cream
200g	Corn
10ml	Dried Chilli Flakes
240g	Black Beans <i>drained & rinsed</i>
80g	Green Leaves <i>rinsed</i>
40ml	Lime Juice
15g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. LIVING ON A WEDGE Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In the final 5 minutes, sprinkle over the sunflower seeds.

2. THERE GOES THE CHICKEN When the carrot wedges have 10-15 minutes remaining, place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. DASHING DRIZZLE In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season and set aside.

4. SPICY SALSA Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Add the chilli flakes (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat, toss through the drained beans, and set aside.

5. VEGGIE MEDLEY Just before serving, toss the corn & bean mix with the rinsed green leaves, the lime juice, a drizzle of olive oil, and seasoning.

6. DINNER IS SERVED Plate up the Spanish chicken. Side with the carrot wedges & sunflower seeds and the corn salad. Drizzle over the loosened sour cream and sprinkle over the chopped parsley. Delish work, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes.

Nutritional Information

Per 100g

Energy	383kj
Energy	92kcal
Protein	8.2g
Carbs	9g
of which sugars	2.8g
Fibre	2.4g
Fat	2.6g
of which saturated	0.8g
Sodium	95mg

Allergens

Dairy, Allium

Cook
within 3
Days