



# UCCOOK

## Smoky Chicken & Garlic Green Beans

**with a sun-dried tomato & roasted carrot salad**

Let's jet off to Spain on our imaginary culinary plane, Chef! Beautifully spiced & smoky chicken pieces are oven-roasted until golden. Garlic-infused green beans get a kick of chilli and a squeeze of lemon. Sun-dried tomatoes are tossed with fresh greens, & roasted carrots, then elevated with lemon zest & earthy parsley. You have arrived at your dinner destination.


**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Serves:** 2 People

**Chef:** Jade Summers

Carb Conscious

 Stettyn Wines | Stettyn Family Range Chenin blanc 2023

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## Ingredients & Prep

4	Free-range Chicken Pieces
20ml	Smoky Rub <i>(5ml Ground Paprika, 5ml Onion Powder &amp; 10ml NOMU Spanish Rub)</i>
120g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
200g	Green Beans <i>rinse &amp; trim</i>
1	Garlic Clove <i>peel &amp; grate</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely chop</i>
1	Lemon <i>rinse, zest &amp; cut into wedges</i>
5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
50g	Sun-dried Tomatoes <i>drain</i>
1 unit	Roasted Garlic Mayo

## From Your Kitchen

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

**1. SMOKY CHICKEN & CARROTS** Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the smoky rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the chicken has reached its halfway mark, spread the carrot pieces on a separate roasting tray. Coat in oil and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway).

**2. GARLICKY GREEN BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 5-6 minutes (shifting constantly). In the final minute, add the grated garlic and the sliced chilli. Remove from the heat. Add a squeeze of lemon juice (to taste), ½ the chopped parsley, and seasoning.

**3. SUN-DRIED TOMATO SALAD** In a bowl, combine the shredded salad leaves, the sun-dried tomatoes, the roasted carrots, a drizzle of olive oil, and seasoning. To a separate bowl, add the lemon zest, a squeeze of lemon juice (to taste), the mayo, and water in 5ml increments until drizzling consistency.

**4. COME GET SOME DIN-DIN!** Plate up the smoky chicken, the garlicky green beans, and the sun-dried tomato salad. Drizzle over the zesty mayo and garnish with the remaining parsley. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	566kj
Energy	135kcal
Protein	7.3g
Carbs	7g
of which sugars	3.8g
Fibre	2.2g
Fat	9.2g
of which saturated	1.8g
Sodium	98mg

## Allergens

Egg, Allium, Sulphites

Eat  
Within  
3 Days