



UCCOOK

Chutney Chicken & Paprika Carrots

with a simple sun-dried tomato salad

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Nitída | Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	521kj	4132kj
Energy	125kcal	988kcal
Protein	7.7g	61.3g
Carbs	9g	72g
of which sugars	6.4g	51.1g
Fibre	1.7g	13.9g
Fat	6.9g	54.6g
of which saturated	1.8g	14.4g
Sodium	125mg	991mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Herb Dressing
30g	60g	Danish-style Feta <i>drain</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
40ml	80ml	Mrs Balls Chutney
1	1	Onion <i>peel & roughly slice ½ [1]</i>
10g	20g	Almonds <i>roughly chop</i>
5ml	10ml	Ground Paprika
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
2	4	Free-range Chicken Pieces

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)

1. CHICKEN & CARROT Preheat the oven to 200°C. Pat the chicken dry with paper towel. Spread the chicken pieces and the carrots on a roasting tray. Coat in oil, the paprika, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

2. A IS FOR ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SA-STYLE ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add the chutney and 50ml [100ml] of water. Simmer until slightly reduced, 4-5 minutes. Remove from the heat.

4. STICKY SAUCE & SALAD Once crispy, add the chicken to the onion and chutney sauce. Return to medium heat, mix to combine, and reduce until sticky, 2-3 minutes. Remove from the heat. To a salad bowl, add the salad leaves, sun-dried tomatoes, feta, herb dressing, and seasoning.

5. WINNER CHICKEN DINNER Plate up the crispy wedges and the sticky chutney chicken with all the pan juices. Serve with the fresh salad and garnish with the toasted nuts. Well done, Chef!