



UCCOOK

Beetroot Hummus & Grilled Chicken

with green beans, brussels sprouts & onion

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	248kJ	2129kJ
Energy	59kcal	509kcal
Protein	5.6g	48g
Carbs	6g	52g
of which sugars	2g	17.1g
Fibre	2g	17.2g
Fat	1.1g	9.8g
of which saturated	0.3g	2.5g
Sodium	74mg	636mg

Allergens: Allium, Sesame, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
80g	160g	Green Beans <i>rinse</i>
100g	200g	Brussels Sprouts <i>rinse & cut in half</i>
1	1	Tomato <i>rinse & roughly dice</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
15ml	30ml	Lemon Juice
150g	300g	Free-range Chicken Mini Fillets
50ml	100ml	Hummus

From Your Kitchen

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

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. On a separate roasting tray, spread the onion, the green beans, and the brussels sprouts. Coat in oil and season. Roast the veggies in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TO THE TOMATOES In a bowl, combine the tomato, the parsley, and ½ of the lemon juice. Season and set aside.

3. JUICY CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

4. FANCY HUMMUS When the beetroot is done, place in a blender. Add the hummus, 1 tbsp of olive oil, and the remaining lemon juice (to taste). Blend until smooth. Loosen with a splash of water if too thick. Season and set aside.

5. WHAT A CHEF! Make a smear with the beetroot hummus and top with the roasted veg. Side with the chicken and scatter over the zesty tomato. Enjoy!