



# UCCOOK

## Aromatic Roast Chicken

with Peruvian spices & a loaded bulgur salad

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Megan Bure

| Nutritional Info   | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 540.3kJ   | 4200.5kJ    |
| Energy             | 129.2kcal | 1004.8kcal  |
| Protein            | 8g        | 62.4g       |
| Carbs              | 11.2g     | 86.7g       |
| of which sugars    | 2.4g      | 18.4g       |
| Fibre              | 2.1g      | 16.4g       |
| Fat                | 5.9g      | 45.5g       |
| of which saturated | 1.6g      | 12.8g       |
| Sodium             | 38.7mg    | 300.6mg     |

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                                   |
|----------|------------|-------------------------------------------------------------------------------------------------------------------|
| 37.5ml   | 50ml       | Peruvian Spices<br><i>(7.5ml [10ml] Ground Cumin, 15ml [20ml] Smoked Paprika &amp; 15ml [20ml] Dried Oregano)</i> |
| 6        | 8          | Free-range Chicken Pieces                                                                                         |
| 300g     | 400g       | Leeks<br><i>trim at the base, halve &amp; rinse well</i>                                                          |
| 2        | 2          | Onion<br><i>peel &amp; cut 1½ [2] into wedges</i>                                                                 |
| 300g     | 400g       | Beetroot Chunks                                                                                                   |
| 150ml    | 200ml      | Bulgur Wheat                                                                                                      |
| 150g     | 1          | Corn                                                                                                              |
| 125ml    | 160ml      | Sour Cream                                                                                                        |
| 60ml     | 80ml       | Pesto Princess Coriander & Chilli Pesto                                                                           |
| 45ml     | 60ml       | Lemon Juice                                                                                                       |
| 30ml     | 40ml       | Red Wine Vinegar                                                                                                  |
| 8g       | 10g        | Fresh Oregano<br><i>rinse, pick &amp; roughly chop</i>                                                            |

## From Your Kitchen

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

**1. PERUVIAN PERFECTION** Preheat the oven to 200°C. In a bowl, combine a drizzle of oil, the Peruvian spices, and seasoning. Pat the chicken dry with paper towel. Add the chicken to the spice mixture and toss until coated. Place the leeks, onion and beetroot on a roasting, top with the spiced chicken and roast in the oven until cooked through and crisping up, 35-40 minutes (shifting halfway).

**2. CORN & BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, add the corn, fluff with a fork, and set aside.

**3. START THE GREEN SAUCE** When the leeks have been in for 20 minutes they should be tender and roasted. Remove them from the oven and place into the blender.

**4. HOMEMADE GOODNESS** To the blender, add the sour cream, pesto, lemon juice, and seasoning. Pulse until smooth. Set aside.

**5. LOAD WITH MORE FLAVOUR** Toss through the roasted veg, red wine vinegar, ½ the oregano, a drizzle of oil and seasoning through the bulgur. Set aside.

**6. UNDENIABLY DELICIOUS** Plate up the loaded bulgur and serve the roast chicken alongside. Drizzle with the green sauce and garnish with the remaining oregano.