



UCCOOK

Prego Chicken & Slaw

with carrot wedges & charred corn

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	432kJ	2849kJ
Energy	103kcal	681kcal
Protein	6.3g	41.6g
Carbs	9g	58g
of which sugars	4g	26.3g
Fibre	2g	13.2g
Fat	4.8g	31.7g
of which saturated	0.5g	3.3g
Sodium	83mg	545mg

Allergens: Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
45ml	60ml	Prego Spice <i>(15ml [20ml] Garlic Powder, 7,5ml [10ml] Smoked Paprika, 7,5ml [10ml] Dried Oregano, 7,5ml [10ml] Dried Thyme & 7,5ml [10ml] Dried Chilli Flakes)</i>
450g	600g	Free-range Chicken Mini Fillets
150g	200g	Corn
200g	200g	Cabbage <i>rinse & thinly slice ¾ [1]</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
150ml	200ml	Vegan Mayo
125ml	160ml	Prego Sauce

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil, ½ the prego spice, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SOME PREP Pat the chicken dry with paper towel. Coat in oil, the remaining prego spice, and season.

3. CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan.

4. SLAW In a salad bowl, combine the cabbage, the spring onion (to taste), the corn, and the mayo. Season and set aside in the fridge.

5. CHICKEN When the carrot wedges have 4-5 minutes to go, return the pan to medium-high heat with a drizzle of oil. When hot, fry the chicken in small batches until cooked through and lightly charred, 1-2 minutes per side. Add the prego sauce and remove from the pan with all the pan juices.

6. DINNER IS READY Plate up the carrot wedges, side with the juicy prego chicken, and the slaw. Garnish with any remaining spring onion and enjoy, Chef!