



# UCOOK

## Roasted Sriracha Chicken

with a roasted beetroot & feta salad

Chicken pieces are doused in a spicy concoction of sriracha, yoghurt and spices before being roasted until crispy and succulent. It is served alongside a roasted beetroot, walnut & feta salad. This dish is balanced, simple and deliciously fiery!

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**Hands-on Time:** 30 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Jeannette Joynt

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 Carb Conscious

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 Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

8	Free-range Chicken Thighs
800g	Beetroot <i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
240ml	Low Fat Plain Yoghurt
40ml	Dijon Mustard
60ml	Sriracha Sauce
60ml	Lemon Juice
40ml	NOMU One For All Rub
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
400g	Cucumber <i>cut into half-moons</i>
100g	Walnuts <i>roughly chopped</i>
2	Spring Onions <i>finely sliced, keeping the white &amp; green parts separate</i>
160g	Danish-style Feta <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. ROAST CHICKEN & BEETROOT** Preheat the oven to 200°C. Pat the chicken thighs dry with paper towel. Place on a roasting tray. Place the beetroot chunks on a separate roasting tray. Coat both trays in oil and seasoning. Roast in the hot oven for 35-40 minutes.

**2. M(ARIN)ADE IN HEAVEN** In a small bowl, combine the yoghurt, the mustard, the sriracha (to taste), ½ the lemon juice, the NOMU rub, sweetener, and seasoning.

**3. SPICY CHICKY** When the chicken is halfway, give both the trays a shift. Coat the chicken pieces in the spicy marinade and return to the oven. Roast for the remaining time until cooked through.

**4. BEET & WALNUT SALAD** When the beetroot is done, place in a bowl. Add the shredded salad leaves, the cucumber half-moons, the chopped walnuts, the sliced spring onion whites, the remaining lemon juice, a drizzle of oil, and some seasoning. Toss until fully combined.

**5. DINNER IS SERVED!** Serve the sriracha chicken drizzled with any remaining tray juices. Side with the roasted beetroot & walnut salad. Crumble the drained feta over the salad and sprinkle over the spring onion greens. Dive in, Chef!



## Chef's Tip

Air fryer method: Coat the chicken and beetroot chunks in oil, season, and pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

Energy	515kJ
Energy	123kcal
Protein	9g
Carbs	4g
of which sugars	1.5g
Fibre	1.2g
Fat	7.8g
of which saturated	2.3g
Sodium	224mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days