



**UCOOK**  
GOOD FOOD | GOOD PEOPLE

## Golden Harissa Chicken

**with oven-caramelised carrot, crispy chickpeas & a tossed salad**

This one's a breeze to cook and even lovelier to munch! Succulent chicken breast slices, drizzled with honey-harissa yoghurt, strewn with fresh mint, and served with a veggie roast of carrot wedges, chickpeas, and onions.

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Klaudia Weixelbaumer

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 **Easy Peasy**

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## Ingredients & Prep

240g	Carrot <i>peeled (optional) &amp; cut into wedges</i>
60g	Chickpeas <i>drained &amp; rinsed</i>
1	Onion <i>one half peeled &amp; cut into wedges</i>
80g	Baby Tomatoes <i>rinsed &amp; halved</i>
1	Free-Range Chicken Breast
30g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed &amp; finely sliced</i>
37,5ml	Harissa Yoghurt <i>(20ml Harissa, 15ml Plain Yoghurt &amp; 2,5ml Honey)</i>
4g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. ORANGE WEDGES & RED TOMATOES** Preheat the oven to 200°C. Place the carrot wedges on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes. Place the drained chickpeas and onion wedges in a bowl. Coat in oil, season, and set aside. Place the halved baby tomatoes in a salad bowl with a drizzle of oil and some seasoning. Toss to coat and set aside to marinate.

**2. CRISPY CHICKPEAS & ONIONS** When the carrots reach the halfway mark, remove from the oven and give them a shift. Scatter over the dressed chickpeas and onions, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the chickpeas and onions should be crispy and the carrots should be cooked through and caramelised.

**3. PAN FRY THE CHICKEN** Place a pan (that has a lid) over a medium heat with a drizzle of oil. Pat the chicken breast dry with some paper towel. When the pan is hot, fry the chicken on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the heat on completion and set aside to rest in the pan for 5 minutes before slicing. Lightly season the slices.

**4. PUT TOGETHER THE SALAD & DRESSING** Add the rinsed green leaves and sliced radish to the bowl of marinated tomatoes. Give them a good toss to coat. Loosen the harissa yoghurt with 2 tsp of water until drizzling consistency and stir in a pinch of salt.

**5. A HEARTY HELPING!** Plate up the juicy chicken slices alongside the carrot wedges and the crispy chickpeas and onions. Serve the fresh salad on the side and drizzle the harissa dressing over it all. Garnish with the fresh, chopped mint. What a breeze!

## Nutritional Information

Per 100g

Energy	305kj
Energy	73Kcal
Protein	6.6g
Carbs	8g
of which sugars	3.3g
Fibre	2.1g
Fat	1.4g
of which saturated	0.3g
Sodium	64mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days