



UCOOK

Flamin' Hot Chicken & Chips

with a fresh salad & chopped almonds


In the mood for a delicious fiery dinner? Try out our tender chicken doused in a homemade chilli sauce and served with crispy chips, roasted red peppers, and a fresh salad. You'll be going back for thirds!


Hands-On Time: 20 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Boschendal | Boschen Blanc

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Ingredients & Prep

1	Red Bell Pepper
2	Free-range Chicken Pieces
200g	Potato <i>peeled (optional) & cut into skinny, 5mm thick chips</i>
1	Fresh Chilli <i>deseeded & roughly chopped</i>
10ml	Apple Cider Vinegar
1	Garlic Clove <i>peeled & grated</i>
7,5ml	NOMU Spanish Rub
2,5ml	NOMU Chipotle Flakes
20g	Green Leaves <i>rinsed & gently shredded</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
10g	Almonds <i>roughly chopped</i>
4g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. RED ROAST Preheat the oven to 200°C. Place the whole pepper on a roasting tray. Coat in oil. Pop in the hot oven and roast for 15-20 minutes, until cooked through and starting to char. On completion, remove from the oven and place in a bowl. Cover the bowl with cling wrap or a plate and set aside to steam for 10-15 minutes.

2. CRISPY CHIPS & CHICKEN When the pepper has been roasting for 10 minutes, pat the chicken pieces dry with paper towel, coat in oil, and season. Generously cover the base of a roasting tray in oil. Add the potato chips, season, toss until coated, and spread out in a single layer. Add the dressed chicken pieces to the tray and roast in the hot oven for 30-35 minutes until cooked through and crispy. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time. Drain the chips on a paper towel on completion.

3. FLAMIN' HOT SAUCE When the pepper is done steaming, peel off the skin. Cut in half and remove the seeds. Set half the pepper aside and thinly slice. Place the remaining pepper half in a blender. Add the chilli (to taste), vinegar, grated garlic (to taste), rub, chipotle flakes (to taste), seasoning, and 20ml of water. Pulse until smooth. On completion, remove from the blender and place in a pan over a medium-high heat. Leave to simmer for 2-3 minutes until slightly reduced. Season to taste.

4. BASTE & TOSS When the chicken has 5 minutes remaining, remove from the oven and baste the chicken with ½ the pepper-chilli sauce. Return to the oven and roast for the remaining time. In a bowl, combine the rinsed green leaves, the red pepper strips, the radish rounds, ½ the chopped almonds, a drizzle of oil, and seasoning.

5. FIERY DINNER Pile up the chilli chicken. Side with the fresh salad and the crispy chips. Serve the remaining chilli sauce on the side for dunking. Sprinkle over the chopped parsley and the remaining chopped almonds. Jump right in, Chef!



Chef's Tip

This chilli sauce can be made with a variety of different herbs and spices. We recommend trying it out with paprika, oregano, or even garam masala!

Nutritional Information

Per 100g

Energy	460kj
Energy	110Kcal
Protein	8.8g
Carbs	7g
of which sugars	1.7g
Fibre	1.6g
Fat	5.3g
of which saturated	1.3g
Sodium	80mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days