



# UCCOOK

## Peruvian-style Chicken & Green Crema

with potato wedges

**Hands-on Time:** 20 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Doos Wine | Doos Dry Red 3L

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 387kJ    | 3042kJ      |
| Energy             | 93kcal   | 728kcal     |
| Protein            | 7.3g     | 57.7g       |
| Carbs              | 8g       | 61g         |
| of which sugars    | 2.6g     | 20.3g       |
| Fibre              | 1.4g     | 11.2g       |
| Fat                | 3.7g     | 29.2g       |
| of which saturated | 1g       | 8g          |
| Sodium             | 76mg     | 599mg       |

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

**Spice Level:** Moderate

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                     |
|----------|------------|---------------------------------------------------------------------------------------------------------------------|
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                                                             |
| 7.5ml    | 15ml       | Honey                                                                                                               |
| 10ml     | 20ml       | Peruvian Spices<br><i>(2.5ml [5ml] ground cumin &amp; 2.5ml [5ml] smoked paprika &amp; 5ml[10ml] dried oregano)</i> |
| 2        | 4          | Free-range Chicken Pieces                                                                                           |
| 200g     | 400g       | Potato<br><i>rinse &amp; cut into wedges</i>                                                                        |
| 1        | 1          | Bell Pepper<br><i>rinse, deseed &amp; cut ½ [1] into strips</i>                                                     |
| 40ml     | 80ml       | Sour Cream                                                                                                          |
| 50g      | 100g       | Spinach<br><i>rinse</i>                                                                                             |
| 30ml     | 60ml       | Pesto Princess Coriander & Chilli Pesto                                                                             |
| 15ml     | 30ml       | Lime Juice                                                                                                          |
| 10g      | 20g        | Sliced Pickled Jalapeños<br><i>drain &amp; roughly chop</i>                                                         |

## From Your Kitchen

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

**1. YOUR NEW FAV FLAVA** Preheat the oven to 200°C. In a bowl, combine the garlic, a drizzle of oil, the honey, the Peruvian spices, and seasoning. Pat the chicken dry with paper towel. Add the chicken pieces to the spiced honey mixture and toss until coated. Place on a roasting tray in a single layer. Place the potato on a separate roasting tray. Coat in oil and season. Pop both trays in the hot oven and roast until cooked through and crisping up, 30-35 minutes (shifting halfway). When the roast has 10 minutes remaining, scatter over the pepper and roast for the remaining time. Alternatively, air fry the chicken at 200°C for 15-20 minutes, adding the pepper in the final 10 minutes.

**2. GREEN MEANS GO** To a blender, add the sour cream, the spinach, the pesto, the lime juice, the jalapeños (to taste), and seasoning. Pulse until smooth. Set aside.

**3. PERUVIAN FEAST!** Pile up the glorious potato wedges. Side with the Peruvian spiced chicken and pepper strips. Drizzle the green crema over the chicken and serve the remaining crema in a bowl for dipping. Yum, Chef - dinner is ready!