



UCOOK

Smoky Chicken & Garlic Green Beans

with a sun-dried tomato & roasted carrot salad

Let's jet off to Spain on our imaginary culinary plane, Chef! Beautifully spiced & smoky chicken pieces are oven-roasted until golden. Garlic-infused green beans get a kick of chilli and a squeeze of lemon. Sun-dried tomatoes are tossed with fresh greens, & roasted carrots, then elevated with lemon zest & earthy parsley. You have arrived at your dinner destination.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Carb Conscious

 Stettyn Wines | Stettyn Family Range Chenin blanc 2023

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Ingredients & Prep

2	Free-range Chicken Pieces
10ml	Smoky Rub <i>(2,5ml Ground Paprika, 2,5ml Onion Powder & 5ml NOMU Spanish Rub)</i>
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
100g	Green Beans <i>rinse & trim</i>
1	Garlic Clove <i>peel & grate</i>
1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
1	Lemon <i>rinse, zest & cut ½ into wedges</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
25g	Sun-dried Tomatoes <i>drain</i>
1 unit	Roasted Garlic Mayo

From Your Kitchen

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

1. SMOKY CHICKEN & CARROTS Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the smoky rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the chicken has reached its halfway mark, spread the carrot pieces on a separate roasting tray. Coat in oil and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway).

2. GARLICKY GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting constantly). In the final minute, add the grated garlic and the sliced chilli. Remove from the heat. Add a squeeze of lemon juice (to taste), ½ the chopped parsley, and seasoning.

3. SUN-DRIED TOMATO SALAD In a bowl, combine the shredded salad leaves, the sun-dried tomatoes, the roasted carrots, a drizzle of olive oil, and seasoning. To a separate bowl, add the lemon zest, a squeeze of lemon juice (to taste), the mayo, and water in 5ml increments until drizzling consistency.

4. COME GET SOME DIN-DIN! Plate up the smoky chicken, the garlicky green beans, and the sun-dried tomato salad. Drizzle over the zesty mayo and garnish with the remaining parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	566kJ
Energy	135kcal
Protein	7.3g
Carbs	7g
of which sugars	3.8g
Fibre	2.2g
Fat	9.2g
of which saturated	1.8g
Sodium	98mg

Allergens

Egg, Allium, Sulphites

Eat
Within
3 Days