



UCCOOK

Grilled Chicken & Herbed Yoghurt

with butternut & crispy kale

A meal you can sink your teeth into, Chef! Oven-roasted butternut half-moons, silky onion, & crispy kale are elevated with fresh thyme and scattered with piquante peppers. Enjoyed with a juicy chicken breast and a herbaceous yoghurt, dotted with mint & dill.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

***New Calorie Conscious**

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
1	Onion <i>peel & cut into wedges</i>
2,5ml	Dried Thyme
50g	Kale <i>rinse & roughly shred</i>
1	Free-range Chicken Breast
6g	Herb Mix <i>(3g Fresh Mint & 3g Fresh Dill)</i>
40ml	Low Fat Plain Yoghurt
20g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the butternut half-moons, the onion wedges, and the thyme on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the roasted veg has 10 minutes remaining, give the tray a shift and scatter over the kale. Roast until crispy, 10-15 minutes.

2. GOLDEN CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. HERBY YOGHURT Rinse, pick and roughly chop the mixed herbs. To a bowl, add the chopped herbs and the yoghurt. Loosen with a splash of water and season.

4. SET THE TABLE Plate up the roasted veggies and scatter over the drained peppers. Side with the perfectly grilled chicken. Drizzle over the herbed yoghurt. Well done, Chef!



Chef's Tip

Coat the butternut and onion pieces and the thyme with a drizzle of oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway). At the halfway mark, add the kale. Air fry until crispy, 7-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	285kj
Energy	68kcal
Protein	6.6g
Carbs	7g
of which sugars	2g
Fibre	1g
Fat	0.9g
of which saturated	0.3g
Sodium	29.7mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days