



UCOOK

Chicken & Peri-peri Roast

with prego sauce, corn on the cob & yoghurt slaw

Pan-grilled chicken breast is fried to golden perfection and drizzled with prego sauce. Served with peri-peri corn on the cob, roasted baby marrow & red onion, and a crunchy yoghurt slaw. Hearty and filling, the prego sauce adds a delicious depth of flavour to this dish that's the perfect blend of flavourful and healthy.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Rhea Hsu

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

3	Corn on the Cob <i>cut into thirds</i>
2	Red Onions <i>1½ peeled & cut into wedges</i>
30ml	NOMU Peri Peri Rub
600g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
30g	Sunflower Seeds
8g	Fresh Chives
200g	Cabbage
125ml	Low Fat Plain Yoghurt
3	Free-range Chicken Breasts
150ml	Prego Sauce

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 220°C. Place the corn thirds and the onion wedges on a roasting tray. Coat in oil, $\frac{2}{3}$ of the rub, and seasoning. Roast for 25-30 minutes until browned and cooked through, shifting halfway. In a bowl, toss the baby marrow chunks with a drizzle of oil, the remaining rub, and seasoning.

2. CRUNCHY BITS Place the sunflower seeds in a pan, with a lid, over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool. Rinse and roughly chop the chives. Thinly slice $\frac{3}{4}$ of the cabbage.

3. YOU GO GURT! In a salad bowl, combine the yoghurt, $\frac{1}{2}$ the chopped chives, and seasoning. Add the sliced cabbage and the toasted sunflower seeds. Toss until combined.

4. OH, BABY BABY When the roast has 10 minutes remaining, scatter the dressed baby marrows over the tray and roast for the remaining time.

5. GOLDEN CHICKY Pat the chicken dry with paper towel. Return the pan to a medium heat with a drizzle of oil. When the pan is hot, fry the chicken, skin-side down, for 4-6 minutes until crispy. Flip, pop on the lid, and fry for 4-6 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter. Remove from the heat and set aside to rest in the pan for 5 minutes before slicing and lightly seasoning.

6. WINNER DINNER Plate up the chicken slices and drizzle over some of the prego sauce. Side with the peri-peri roast veg and the yoghurt slaw. Garnish with the remaining chives. Serve with any remaining prego sauce for dunking. Excellent, Chef!

Nutritional Information

Per 100g

Energy	344kJ
Energy	82kcal
Protein	6.1g
Carbs	7g
of which sugars	3.4g
Fibre	1.4g
Fat	3.6g
of which saturated	0.9g
Sodium	106mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Soy

Cook
within 3
Days