



UCOOK

Grilled Chicken & Beetroot Hummus

with green beans, brussel sprouts & onion

You don't have to limit hummus to a chickpea dip, Chef. Add your personal spin to this classic Middle Eastern recipe by blending with oven roasted beetroot. Make a fancy schmear on the plate, top with a mouthwatering medley of green beans, onions & brussel sprouts, side with golden pan-fried chicken, and finish with zesty tomatoes.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jade Summers

Carb Conscious

 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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

Ingredients & Prep

200g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
1	Onion <i>peel & cut ½ into wedges</i>
80g	Green Beans <i>rinse & trim</i>
100g	Brussels Sprouts <i>rinse & cut in half</i>
1	Tomato <i>rinse & roughly dice</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
15ml	Lemon Juice
1	Free-range Chicken Breast
50ml	Hummus

From Your Kitchen

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

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. On a separate roasting tray, spread the onion wedges, the green beans, and the brussels sprouts. Coat in oil and season. Roast the veggies in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TO THE TOMATOES In a bowl, combine the diced tomato, the chopped parsley, and ½ of the lemon juice. Season and set aside.

3. JUICY 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, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. FANCY HUMMUS When the beetroot is done, place in a blender. Add the hummus, 1 tbsp of oil, and the remaining lemon juice (to taste). Blend until smooth. Loosen with a splash of water if too thick. Season and set aside.

5. WHAT A CHEF! Make a smear with the beetroot hummus and top with the roasted veg. Side with the sliced chicken and scatter over the zesty tomatoes. Enjoy!

Nutritional Information

Per 100g

Energy	267kJ
Energy	64kcal
Protein	6.5g
Carbs	6g
of which sugars	1.7g
Fibre	2.1g
Fat	1.3g
of which saturated	0.4g
Sodium	85mg

Allergens

Allium, Sesame, Sulphites, Cow's Milk

Eat
Within
2 Days