

# UCOOK

## Chicken & Chimichurri Roasted Veg

with fresh mint

Meaty mushrooms, baby marrows and Pesto Princess Chimichurri Sauce-coated beetroot & carrot are tossed with crunchy salad leaves, tangy baby tomatoes, and golden chicken mini fillets. Served with fresh, cooling mint leaves.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** UCOOK

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\*New Calorie Conscious

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## Ingredients & Prep

480g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces along the diagonal</i>
800g	Beetroot Chunks
600g	Free-range Chicken Mini Fillets
500g	Button Mushrooms <i>wipe clean &amp; cut into quarters</i>
400g	Baby Marrow <i>trim &amp; cut into bite-sized pieces along the diagonal</i>
160ml	Pesto Princess Chimichurri Sauce
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
320g	Baby Tomatoes <i>rinse &amp; cut in half</i>
4	Celery Stalks <i>rinse &amp; thinly slice</i>
10g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. ROAST WITH THE MOST** Preheat the oven to 200°C. Spread the carrot and beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. GOLDEN CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and season. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and set aside.

**3. MUSHROOMS & MARROWS** Return the pan to medium heat and fry the mushrooms and the baby marrow until golden, 6-7 minutes (shifting occasionally). Remove from the pan and season.

**4. CHIMICHURRI VEG** Place the chimichurri in a small bowl and loosen with water in 5ml increments until slightly drizzling consistency. When the veg has finished roasting, mix through ½ the chimichurri sauce (while it's still warm) and season (if necessary).

**5. A GREAT PLATE** In a big salad bowl, toss together the shredded salad leaves, the baby tomatoes, the celery, the charred mushrooms & marrows and the chimichurri veg. Top with the chicken. Drizzle over the remaining chimichurri and garnish with the mint.

## Nutritional Information

Per 100g

Energy	241kJ
Energy	58kcal
Protein	5.5g
Carbs	4g
of which sugars	2g
Fibre	2g
Fat	1.7g
of which saturated	0.2g
Sodium	85.8mg

## Allergens

Allium, Sulphites

Eat  
Within  
3 Days