



# UCCOOK

## Coriander & Lime Chicken

with red pepper pesto & almonds

**Hands-on Time:** 35 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 551kJ    | 3134kJ      |
| Energy             | 132kcal  | 750kcal     |
| Protein            | 10.4g    | 59.2g       |
| Carbs              | 5g       | 29g         |
| of which sugars    | 2.2g     | 12.7g       |
| Fibre              | 1.5g     | 8.4g        |
| Fat                | 7.3g     | 41.8g       |
| of which saturated | 1.9g     | 10.5g       |
| Sodium             | 175mg    | 996mg       |

**Allergens:** Cow's Milk, Egg, Allium, Sulphites, Tree Nuts,  
Sugar Alcohol (Sweetener)

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                          |
|----------|------------|----------------------------------------------------------|
| 15ml     | 20ml       | Maple-flavoured Syrup                                    |
| 30ml     | 40ml       | NOMU Mexican Spice Blend                                 |
| 8g       | 10g        | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i> |
| 45ml     | 60ml       | Lime Juice                                               |
| 15ml     | 20ml       | Dried Chilli Flakes                                      |
| 6        | 8          | Free-range Chicken Pieces                                |
| 600g     | 800g       | Beetroot Chunks<br><i>cut into bite-sized pieces</i>     |
| 60ml     | 80ml       | Pesto Princess Red Pepper Pesto                          |
| 60g      | 80g        | Salad Leaves<br><i>rinse</i>                             |
| 30g      | 40g        | Almonds<br><i>roughly chop</i>                           |
| 90ml     | 120ml      | Colleen's Handmade Thai Coriander Sauce                  |
| 60ml     | 80ml       | Grated Italian-style Hard Cheese                         |

## From Your Kitchen

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

**1. ZESTY MARINADE** Preheat the oven to 200°C. In a bowl (large enough for the chicken pieces), combine the maple-flavoured syrup, the NOMU spice blend,  $\frac{3}{4}$  of the coriander, the lime juice,  $\frac{1}{2}$  the chilli flakes (to taste), a drizzle of oil, and seasoning. Pat the chicken pieces dry with paper towel and toss through the marinade until coated. Set aside to marinate for at least 10-15 minutes.

**2. ROASTED BEETS** Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**3. ROASTED CHICKY** Place the marinated chicken pieces on a separate roasting tray. Reserve the marinade in the bowl. Roast the chicken in the hot oven until cooked through and crispy, 35-40 minutes. At the halfway mark, give the tray a shift and pour the reserved marinade over the chicken pieces.

**4. ALMOST THERE...** When the beetroot is finished roasting, toss through  $\frac{1}{2}$  the pesto. In a salad bowl, combine the salad leaves, the almonds, a drizzle of olive oil, and seasoning.

**5. WINNER WINNER, CHICKEN DINNER!** Plate up the roasted coriander & lime chicken. Side with the pesto-coated beetroot. Dollop over the remaining pesto, drizzle with the Thai coriander sauce, sprinkle with the grated cheese, and side with the salad. Sprinkle over the remaining chilli flakes (to taste) and coriander. Amazing work, Chef!

**Chef's Tip** If you would like to toast the nuts, place them in a pan over medium heat. Toast for 3-5 minutes until golden brown.