



# UCOOK

## Prego Chicken & Slaw

with carrot wedges & charred corn

If you like prego flavour, you will love this triple taste hit of prego-spiced carrot wedges, and prego-spiced chicken coated in prego sauce. To balance all this spiciness, a cooling side of creamy coleslaw dotted with charred sweet corn shares the space on this great plate of food.

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Simple & Save

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Laborie Estate | Laborie Chenin Blanc

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## Ingredients & Prep

720g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
45ml	Prego Spice <i>(15ml Garlic Powder, 7,5ml Smoked Paprika, 7,5ml Dried Oregano, 7,5ml Dried Thyme &amp; 7,5ml Dried Chilli Flakes)</i>
450g	Free-range Chicken Mini Fillets
150g	Corn
200g	Cabbage <i>rinse &amp; thinly slice ¾</i>
2	Spring Onions <i>rinse, trim &amp; finely slice</i>
100ml	Mayo
125ml	Prego Sauce

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil, ½ the prego spice, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. SOME PREP** Pat the chicken dry with paper towel. Coat in oil, the remaining prego spice, and season.

**3. CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan.

**4. SLAW** In a salad bowl, combine the shredded cabbage, the spring onion (to taste), the charred corn, and the mayo. Season and set aside in the fridge.

**5. CHICKEN** When the carrot wedges have 4-5 minutes to go, return the pan to medium-high heat with a drizzle of oil. When hot, fry the chicken until cooked through and lightly charred, 1-2 minutes per side. You may need to do this step in batches. Add the prego sauce and remove from the pan with all the pan juices.

**6. DINNER IS READY** Plate up the carrot wedges, side with the juicy prego chicken, and the slaw. Garnish with any remaining spring onion and enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the carrot wedges in oil, ½ the prego spice, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	432kJ
Energy	103kcal
Protein	6.3g
Carbs	9g
of which sugars	4g
Fibre	2g
Fat	4.8g
of which saturated	0.5g
Sodium	83mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Soy

Eat  
Within  
3 Days