



UCOOK

Pretzel-crumbed Chicken

with jasmine rice, honeyed aioli & roasted vegetables


We're taking pretzels out of the snacking cupboard and onto the dinner table! This will make the delightful crunch of your crumbed chicken, which will be sided with fluffy jasmine rice, a salad of fresh greens, artichokes & oven-roasted butternut & bell peppers. Finished with a honey-garlic aioli.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Morgan Otten

 Adventurous Foodie

 Simonsig | Gewürztraminer

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Ingredients & Prep

225ml	Jasmine Rice <i>rinsed</i>
750g	Butternut <i>rinsed, deseeded, peeled (optional) & cut into bite-sized pieces</i>
3	Free-range Chicken Breasts
120ml	Smoky Spiced Flour <i>(15ml Smoked Paprika, 12ml Garlic Powder, 90ml Cake Flour & 3ml Cayenne Pepper)</i>
150g	Salted Pretzels <i>finely crushed</i>
2	Bell Peppers <i>1½ rinsed, deseeded & cut into strips</i>
22,5ml	Honey
3 units	Roasted Garlic Mayo
60g	Green Leaves <i>rinsed</i>
90g	Artichoke Quarters <i>drained & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Egg/s
Paper Towel

1. READY THE RICE Preheat the oven to 200°C. Place the rinsed rice in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. GOLDEN BUTTERNUT Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

3. CUT, CLING WRAP, THEN COAT Pat the chicken dry with paper towel. Slice into one side of each breast, starting at the thicker end and ending at the thinner point (don't cut all the way through.) Open up the butterflied breasts, cover with cling wrap, and pummel with a rolling pin or bottle to create an even thickness. Remove the cling wrap. In a bowl, whisk together 2 eggs and a tsp of water. Prepare two more shallow dishes: one containing the spiced flour (lightly seasoned) and one containing the crushed pretzels. First, coat the chicken breasts in the seasoned flour, dusting off any excess flour. Next, coat in the whisked egg, and, lastly, coat in the pretzels. Repeat with each chicken breast. Place the crumbed chicken breasts onto a separate roasting tray and bake in the hot oven until golden and crunchy, 10-12 minutes.

4. ADD MORE COLOUR When the butternut reaches halfway, scatter over the pepper strips, toss to combine, and return to the oven for the remaining time.

5. HONEY-GARLIC AIOLI In a bowl, combine the honey with the garlic mayo and seasoning. Loosen with a splash of water. Set aside.

6. OKE-DOKE ARTICHOKE In a salad bowl, toss together the rinsed leaves, the chopped artichokes, the roasted veg, a drizzle of olive oil, and seasoning. Set aside.

7. WHAT A FEAST! Serve up the steaming rice and top with the crumbed chicken. Drizzle over the honey aioli. Side with the roasted veg & green leaf salad.

Nutritional Information

Per 100g

Energy	487kJ
Energy	116kcal
Protein	6.6g
Carbs	20g
of which sugars	2.4g
Fibre	2g
Fat	1.1g
of which saturated	0.3g
Sodium	118mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days