



# UCCOOK

## Chutney Chicken & Paprika Carrots

with a simple sun-dried tomato salad

**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Nitída | Semillon

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 521kJ    | 4132kJ      |
| Energy             | 125kcal  | 988kcal     |
| Protein            | 7.7g     | 61.3g       |
| Carbs              | 9g       | 72g         |
| of which sugars    | 6.4g     | 51.1g       |
| Fibre              | 1.7g     | 13.9g       |
| Fat                | 6.9g     | 54.6g       |
| of which saturated | 1.8g     | 14.4g       |
| Sodium             | 125mg    | 991mg       |

**Allergens:** Sulphites, Tree Nuts, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                          |
|----------|------------|----------------------------------------------------------|
| 90ml     | 125ml      | Herb Dressing                                            |
| 90g      | 120g       | Danish-style Feta<br><i>drain</i>                        |
| 60g      | 80g        | Sun-dried Tomatoes<br><i>roughly chop</i>                |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>         |
| 125ml    | 160ml      | Mrs Balls Chutney                                        |
| 2        | 2          | Onions<br><i>peel &amp; finely dice 1½ [2]</i>           |
| 30g      | 40ml       | Almonds<br><i>roughly chop</i>                           |
| 15ml     | 20ml       | Ground Paprika                                           |
| 720g     | 960        | Carrot<br><i>rinse, trim, peel &amp; cut into wedges</i> |
| 6        | 8          | Free-range Chicken Pieces                                |

## From Your Kitchen

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

1. **CHICKEN & CARROT** Preheat the oven to 200°C. Pat the chicken dry with paper towel. Spread the chicken pieces and the carrots on a roasting tray. Coat in oil, the paprika, and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. **A IS FOR ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **SA-STYLE ONIONS** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add the chutney and 150ml [200ml] of water. Simmer until slightly reduced, 6-7 minutes. Remove from the heat.

4. **STICKY SAUCE & SALAD** Once crispy, add the chicken to the onion and chutney sauce. Return to medium heat, mix to combine, and reduce until sticky, 4-5 minutes. Remove from the heat. To a salad bowl, add the salad leaves, sun-dried tomatoes, feta, herb dressing, and seasoning.

5. **WINNER CHICKEN DINNER** Plate up the crispy wedges and the sticky chutney chicken with all the pan juices. Serve with the fresh salad and garnish with the toasted nuts. Well done, Chef!