



UCCOOK

Cajun Grilled Chicken

with roasted beetroot & guacamole

Hands-on Time: 10 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	362.3kJ	2779.1kJ
Energy	86.7kcal	664.8kcal
Protein	6.2g	47.9g
Carbs	8g	57.6g
of which sugars	2.2g	16.9g
Fibre	2.9g	22.2g
Fat	3.9g	29.8g
of which saturated	0.2g	1.6g
Sodium	209.8mg	1609mg

Allergens: Sulphites, Allium

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>cut into bite-sized pieces</i>
150g	300g	Free-range Chicken Mini Fillets
10ml	20ml	NOMU Cajun Rub
1	1	Garlic Clove <i>peel & grate</i>
20g	40g	Piquanté Peppers <i>drain</i>
1	1	Tomato <i>rinse & roughly dice</i>
60g	120g	Borlotti Beans <i>drain & rinse</i>
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
1	1	Spring Onion <i>rinse & finely slice</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1 unit	1 unit	Guacamole

From Your Kitchen

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

1. RUBY BEETS Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. CAJUN CHICKY Pat the chicken dry with paper towel. In a bowl, combine the NOMU rub, the garlic, and a drizzle of oil. Toss through the chicken. Set aside to marinate, 5-10 minutes.

3. LOADED SALAD In a salad bowl, combine the peppers, the tomato, the beans, the sun-dried tomatoes, $\frac{3}{4}$ of the spring onion, the salad leaves, a drizzle of olive oil, and seasoning. Set aside for serving.

4. FRY IT UP When the roast has 10 minutes remaining, place a pan over medium heat with a drizzle of oil. When hot, fry the marinated chicken strips until golden and cooked through, 1-2 minutes per side.

5. DISH AND NOSH! Plate up the roasted beetroot and the tomato and bean salad. Side with the chicken and the guacamole. Garnish with the remaining spring onion. Easy as that, Chef!

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