



UCCOOK

Herby Chicken & Butternut Chips

with bell peppers & sun-dried tomatoes

Hands-on Time: 30 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	260kj	1995kj
Energy	62kcal	477kcal
Protein	6.1g	46.8g
Carbs	7g	53g
of which sugars	3g	21g
Fibre	2g	12g
Fat	1.2g	9.3g
of which saturated	0.2g	1.7g
Sodium	56.3mg	432.4mg

Allergens: Allium, Sulphites, Soy

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Butternut Chips
1	2	Free-range Chicken Breast/s
10ml	20ml	NOMU One For All Rub
30g	60g	Edamame Beans
100g	200g	Cucumber <i>rinse & peel into ribbons</i>
1	1	Spring Onion <i>trim & thinly slice</i>
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
15g	30g	Sun-dried Tomatoes <i>roughly chop</i>
40g	80g	Salad Leaves <i>rinse & shred</i>
30ml	60ml	Mustard Dressing <i>(5ml [10ml] Wholegrain Mustard, 20ml [40ml] Red Wine Vinegar & 5ml [10ml] Coconut Sugar)</i>

From Your Kitchen

Water
Paper Towel
Seasoning (salt & pepper)
Cooking Spray

1. BUTTERNUT Preheat the oven to 200°C. Spread out the butternut on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until cooked through and golden, 30-35 minutes (flipping halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. GOLDEN CHICKEN Boil the kettle. Place a pan (with a lid) over medium heat and lightly add cooking spray. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, spice the chicken with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. PLUMP BEANS & GREENS Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and toss with the cucumber, ½ the spring onions, the peppers, the sun-dried tomatoes, and the salad leaves. Set aside.

4. WHAT A GREAT PLATE Plate up the edamame salad and top with the butternut and serve the chicken slices alongside. Drizzle with the mustard dressing, garnish with the remaining spring onion and dig in!