



# UCOOK

## Chicken & Peri-peri Roast

with prego sauce, corn on the cob & yoghurt slaw

Pan-grilled chicken breast is fried to golden perfection and drizzled with prego sauce. Served with peri-peri corn on the cob, roasted baby marrow & red onion, and a crunchy yoghurt slaw. Hearty and filling, the prego sauce adds a delicious depth of flavour to this dish that's the perfect blend of flavourful and healthy.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Rhea Hsu

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 Quick & Easy

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc 2021

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## Ingredients & Prep

1	Corn on the Cob <i>cut into thirds</i>
1	Red Onion <i>½ peeled &amp; cut into wedges</i>
10ml	NOMU Peri Peri Rub
200g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
10g	Sunflower Seeds
3g	Fresh Chives
100g	Cabbage
40ml	Low Fat Plain Yoghurt
1	Free-range Chicken Breast
50ml	Prego Sauce

## From Your Kitchen

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

**1. READY THE ROAST** Preheat the oven to 220°C. Place the corn thirds and the onion wedges on a roasting tray. Coat in oil,  $\frac{2}{3}$  of the rub, and seasoning. Roast for 20-25 minutes until browned and cooked through, shifting halfway. In a bowl, toss the baby marrow chunks with a drizzle of oil, the remaining rub, and seasoning.

**2. CRUNCHY BITS** Place the sunflower seeds in a pan, with a lid, over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool. Rinse and roughly chop the chives. Thinly slice  $\frac{1}{2}$  the cabbage.

**3. YOU GO GURT!** In a salad bowl, combine the yoghurt,  $\frac{1}{2}$  the chopped chives, and seasoning. Add the sliced cabbage and the toasted sunflower seeds. Toss until combined.

**4. OH, BABY BABY** When the roast has 10 minutes remaining, scatter the dressed baby marrows over the tray and roast for the remaining time.

**5. GOLDEN CHICKY** Pat the chicken dry with paper towel. Return the pan to a medium heat with a drizzle of oil. When the pan is hot, fry the chicken, skin-side down, for 4-6 minutes until crispy. Flip, pop on the lid, and fry for 4-6 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter. Remove from the heat and set aside to rest in the pan for 5 minutes before slicing and lightly seasoning.

**6. WINNER DINNER** Plate up the chicken slices and drizzle over some of the prego sauce. Side with the peri-peri roast veg and the yoghurt slaw. Garnish with the remaining chives. Serve with any remaining prego sauce for dunking. Excellent, Chef!

## Nutritional Information

Per 100g

Energy	344kJ
Energy	82kcal
Protein	6.1g
Carbs	7g
of which sugars	3.4g
Fibre	1.4g
Fat	3.6g
of which saturated	0.9g
Sodium	106mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Soy

Cook  
within 3  
Days