



UCOOK

Peruvian-style Chicken & Green Crema

with sweet potato wedges & fresh oregano

Kick up the heat with our spicy spinach, jalapeño, lime juice, coriander & chilli pesto, and oregano "green crema" sauce. Drizzled over Peruvian-style roasted chicken pieces served with sweet potato wedges for a perfectly balanced finish. This meal is a must-try!

Hands-on Time: 25 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

Adventurous Foodie

Strandveld | Grenache

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Ingredients & Prep

3	Garlic Cloves <i>peel & grate</i>
22.5ml	Honey
37,5ml	Peruvian Spices <i>(7,5ml Ground Cumin, 15ml Smoked Paprika & 15ml Dried Oregano)</i>
6	Free-range Chicken Pieces
750g	Sweet Potato <i>rinse & cut into wedges</i>
125ml	Sour Cream
120g	Spinach <i>rinse</i>
90ml	Pesto Princess Coriander & Chilli Pesto
8g	Fresh Oregano <i>rinse, pick & roughly chop</i>
45ml	Lime Juice
30g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
2	Bell Peppers <i>rinse, deseed & cut 1½ into strips</i>

From Your Kitchen

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

1. YOUR NEW FAV FLAVA Preheat the oven to 200°C. In a bowl, combine the grated garlic, a drizzle of oil, the honey, the Peruvian spices, and seasoning. Pat the chicken dry with paper towel. Add the chicken pieces to the spiced honey mixture and toss until coated. Place on a roasting tray in a single layer. Place the sweet potato wedges on a separate roasting tray. Coat in oil and season. Pop both trays in the hot oven and roast until cooked through and crisping up, 35-40 minutes (shifting halfway).

2. GREEN MEANS GO To a blender, add the sour cream, the rinsed spinach, the pesto, ½ the chopped oregano, the lime juice, the chopped jalapeños (to taste), and seasoning. Pulse until smooth. Set aside.

3. FINAL TOUCHES When the potatoes have 10 minutes remaining, add the pepper strips to the chicken tray. Roast for the remaining time.

4. PERUVIAN FEAST! Pile up the glorious sweet potato wedges. Side with the Peruvian spiced chicken & pepper strips. Drizzle the green crema over the chicken and serve whatever is left in a bowl for dipping. Garnish with the remaining oregano.

Chef's Tip

Air fryer option: Brush your air fryer basket with oil and add the seasoned chicken pieces. Cook at 200°C for 15-20 minutes or until cooked through and crispy. In the last 10 minutes, add the pepper strips and roast for the remaining time.

Nutritional Information

Per 100g

Energy	448kJ
Energy	107kcal
Protein	6.5g
Carbs	8g
of which sugars	3.8g
Fibre	1.5g
Fat	5.3g
of which saturated	1.4g
Sodium	39mg

Allergens

Allium, Sulphites, Tree

Eat
Within
3 Days