



UCCOOK

Grilled Chicken & Honey-garlic Carrots

with a Danish-style feta & olive salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	412kJ	2562kJ
Energy	98kcal	613kcal
Protein	7.5g	46.4g
Carbs	10g	62.3g
of which sugars	6g	37g
Fibre	1.9g	12.1g
Fat	3.6g	22.3g
of which saturated	1.2g	7.3g
Sodium	99.2mg	617.1mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Baby Carrots <i>rinse & trim</i>
1	2	Garlic Clove/s
20ml	40ml	Honey
2,5ml	5ml	Dried Oregano
10g	20g	Pecan Nuts <i>roughly chop</i>
1	2	Free-range Chicken Breast/s
1	1	Lemon <i>rinse, zest & cut ½ [1] into wedges</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Pitted Kalamata Olives <i>drain & cut in half</i>
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. INTO THE OVEN Preheat the oven to 200°C. Spread the baby carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 15 minutes, add the whole, unpeeled garlic clove/s to the tray and return to the oven for the remaining roasting time. When the roast is done, squeeze out the flesh from the roasted garlic clove/s and discard the skin. Roughly chop the flesh and set aside. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. HONEY CARROTS To the carrots, add the garlic, honey, and oregano. Return to the oven and roast for an additional 2-3 minutes.

3. CRUNCH FACTOR Place the nuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. BUTTER-BASTED CHICKEN Return the pan to medium heat with a drizzle of oil. 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, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

5. FETA SALAD In a bowl, combine the lemon zest (to taste), a squeeze of lemon juice (to taste), olive oil, and seasoning. Mix until combined. Add the nuts, salad leaves, olives, and the feta.

6. DELISH DINNER Plate up the grilled chicken. Side with the fresh salad and the honey-garlic carrots.