



UCOOK

Cajun Grilled Chicken

with roasted beetroot & guacamole

A simple and delicious dish bringing all the flavour with minimal effort! NOMU Cajun Rub marinated chicken is served alongside roasted beetroot chunks and pickled piquanté peppers, sun-dried tomato & borlotti bean salad. Dollops of creamy guac make this dish delish!

Hands-on Time: 10 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Carb Conscious

Strandveld | Adamastor White Blend

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Ingredients & Prep

200g	Beetroot Chunks <i>cut into bite-sized pieces</i>
150g	Free-range Chicken Mini Fillets
10ml	NOMU Cajun Rub
1	Garlic Cloves <i>peel & grate</i>
20g	Piquanté Peppers <i>drain</i>
1	Tomato <i>rinse & roughly dice</i>
60g	Borlotti Beans <i>drain & rinse</i>
40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
1	Spring Onion <i>rinse & finely slice</i>
1 unit	Guacamole

From Your Kitchen

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

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

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

3. LOADED SALAD In a salad bowl, combine the drained peppers, the diced tomato, the rinsed beans, the chopped sun-dried tomatoes, $\frac{3}{4}$ of the spring onion slices, 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 slices. Easy as that, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	379kJ
Energy	95kcal
Protein	6.4g
Carbs	8g
of which sugars	2.7g
Fibre	3g
Fat	4.2g
of which saturated	0.3g
Sodium	217mg

Allergens

Allium, Sulphites

Eat
Within
3 Days