



# UCOOK

## Chicken & Cheese-crusted Carrots

with hot honey mayo & a fresh green salad

Juicy butter-basted chicken breast is served alongside oven-roasted carrots & baby potatoes coated in grated Italian-style hard cheese & paprika spice. Sided with a classic feta & olive salad. All that's left is to add the spicy honey mayo, and you've got yourself a winner!

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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Adventurous Foodie

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Bertha Wines | Bertha Shiraz

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## Ingredients & Prep

960g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
400g	Baby Potatoes <i>rinse &amp; halve</i>
60ml	Carrot Spice <i>(20ml Ground Paprika, 20ml Garlic Powder &amp; 20ml Onion Powder)</i>
160ml	Grated Italian-style Hard Cheese
4 units	Tangy Mayo
40ml	Honey
20ml	Chilli Oil
1	Lemon <i>rinse, zest &amp; cut into wedges</i>
4	Free-range Chicken Breasts
40ml	NOMU Italian Rub
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
120g	Danish-style Feta <i>drain &amp; crumble</i>
80g	Pitted Kalamata Olives <i>drain &amp; roughly chop</i>

## From Your Kitchen

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

**1. VEGGIE ROAST** Preheat the oven to 200°C. Place the carrot wedges and the baby potato halves in a bowl and toss with a drizzle of oil, the carrot spice, and seasoning. Spread the dressed veg on a roasting tray. Coat in the grated hard cheese and roast in the hot oven until golden and the cheese is crispy, 30-35 minutes (shifting halfway).

**2. HOT HONEY MAYO** In a small bowl, combine the mayo with the honey, the chilli oil (to taste), a squeeze of lemon juice (to taste), the lemon zest (to taste), and seasoning. Set aside.

**3. PANFRIED CHICKEN** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and rest for 5 minutes before slicing and seasoning.

**4. CLASSIC SALAD** To a salad bowl, add the rinsed salad leaves. Toss with the crumbled feta, the chopped olives, a generous squeeze of lemon juice, a drizzle of olive oil, and seasoning. Set aside.

**5. LOOKING GOOD!** Serve up the juicy chicken slices drizzled with any reserved pan juices. Side with the cheese-crusted carrots & potatoes and the fresh dressed salad. Drizzle with the hot honey mayo and serve whatever's remaining on the side for dunking. Yum!



## Chef's Tip

Air fryer method: Coat the carrot wedges and the baby potatoes halves in a drizzle of oil, the carrot spice, seasoning, and the grated hard cheese. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	511kJ
Energy	122kcal
Protein	6.3g
Carbs	9g
of which sugars	3.7g
Fibre	2g
Fat	7.1g
of which saturated	1.8g
Sodium	167mg

## Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days