



# UCCOOK

## Beetroot Hummus & Grilled Chicken

with green beans, brussels sprouts & onion

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	248kJ	2129kJ
Energy	59kcal	509kcal
Protein	5.6g	48g
Carbs	6g	52g
of which sugars	2g	17.1g
Fibre	2g	17.2g
Fat	1.1g	9.8g
of which saturated	0.3g	2.5g
Sodium	74mg	636mg

**Allergens:** Allium, Sesame, Sulphites

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim &amp; cut into bite-sized pieces</i>
2	2	Onions <i>peel &amp; cut 1½ [2] into wedges</i>
240g	320g	Green Beans <i>rinse</i>
300g	400g	Brussels Sprouts <i>rinse &amp; cut in half</i>
2	2	Tomatoes <i>rinse &amp; roughly dice</i>
8g	10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
45ml	60ml	Lemon Juice
450g	600g	Free-range Chicken Mini Fillets
150ml	200ml	Hummus

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Blender  
Paper Towel  
Seasoning (salt & pepper)

**1. VEGGIE MEDLEY** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. On a separate roasting tray, spread the onion, the green beans, and the brussels sprouts. Coat in oil and and season. Roast the veggies in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. TO THE TOMATOES** In a bowl, combine the tomato, the parsley, and ½ of the lemon juice. Season and set aside.

**3. JUICY CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

**4. FANCY HUMMUS** When the beetroot is done, place in a blender. Add the hummus, 1 tbsp of olive oil, and the remaining lemon juice (to taste). Blend until smooth. Loosen with a splash of water if too thick. Season and set aside.

**5. WHAT A CHEF!** Make a smear with the beetroot hummus and top with the roasted veg. Side with the chicken and scatter over the zesty tomatoes. Enjoy!