

# UCCOOK

## Peruvian-style Chicken & Green Crema

with potato wedges

**Hands-on Time:** 30 minutes

**Overall Time:** 60 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Waterford Estate | Waterford Old Vine  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	453kJ	3889kJ
Energy	109kcal	930kcal
Protein	7g	60.4g
Carbs	8g	68g
of which sugars	2.6g	22.3g
Fibre	1.6g	13.9g
Fat	5.6g	48.2g
of which saturated	1.5g	13.1g
Sodium	73mg	627mg

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

**Spice Level:** Moderate

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Bell Peppers <i>rinse, deseed &amp; cut 1½ [2] into strips</i>
37,5ml	50ml	Peruvian Spices <i>(7,5ml [10ml] Ground Cumin, 15ml [20ml] Smoked Paprika &amp; 15ml [20ml] Dried Oregano)</i>
2	2	Garlic Cloves <i>peel &amp; grate</i>
6	8	Free-range Chicken Pieces
150g	200g	Spinach <i>rinse</i>
22.5ml	30ml	Honey
125ml	160ml	Sour Cream
45ml	60ml	Lime Juice
600g	800g	Potato <i>rinse &amp; cut into wedges</i>
30g	40g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
90ml	125ml	Pesto Princess Coriander & Chilli Pesto

## 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 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 potato 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). When the roast has 10 minutes remaining, scatter over the pepper and roast for the remaining time. Alternatively, air fry the chicken at 200°C for 20-25 minutes, adding the pepper in the final 10 minutes.

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

3. **PERUVIAN FEAST!** Pile up the glorious potato wedges. Side with the Peruvian spiced chicken and pepper strips. Drizzle the green crema over the chicken and serve whatever is left in a bowl for dipping. Yum, Chef - dinner is ready!