



UCCOOK

Greek-style Roast Veg & Chicken

with Kalamata olives & Danish-style feta

Prepare to dig into a Greek feast of roasted butternut, baby tomatoes, onion wedges, green beans and olives. This colourful roast veg medley is then topped with mustard-marinated chicken fillets and feta morsels. Garnished with fresh parsley and a drizzle of lemon juice.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Farren Abbott

 Carb Conscious

 Creation Wines | Creation Chenin Blanc

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Butternut Whole <i>de-seeded, peeled (optional) & cut into bite-sized pieces</i>
80g	Baby Tomatoes <i>rinsed</i>
1	Red Onion <i>½ peeled & cut into wedges</i>
15ml	Chicken Rub <i>(5ml Dijon Mustard & 10ml NOMU Poultry Rub)</i>
1	Garlic Clove <i>peeled & grated</i>
150g	Free-range Chicken Mini Fillets
80g	Green Beans <i>rinsed, trimmed & halved</i>
30g	Pitted Kalamata Olives <i>drained & halved</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
30g	Danish-style Feta <i>drained</i>
10ml	Lemon Juice
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. VEGGIE ROAST Preheat the oven to 200°C. Spread the butternut pieces, the rinsed tomatoes, and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. PREP STEP Place the chicken rub into a bowl and mix with the grated garlic, a drizzle of oil and seasoning. Pat the chicken mini fillets dry with paper towel. Mix through the marinade and set aside. In a bowl, add the halved green beans and the halved olives. Coat with oil, season and set aside.

3. GREEN BEANS & OLIVES When the roast has 10-15 minutes remaining, scatter the green beans & olives over and roast for the remaining time.

4. FRY THE FILLETS Place a pan over medium heat with a drizzle of oil. When hot, fry the marinated chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

5. GREEN LEAVES When the roast is done, toss with the shredded leaves.

6. DINNER IS SERVED Plate up the Greek-style roast, top with the chicken, and crumble over the drained feta. Drizzle it all with the lemon juice and garnish with the chopped parsley. Dig in, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces, tomatoes, and onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes. Add the dressed green beans and olives at the halfway mark.

Nutritional Information

Per 100g

Energy	323kj
Energy	77kcal
Protein	6.5g
Carbs	7g
of which sugars	2g
Fibre	1.8g
Fat	2.4g
of which saturated	0.9g
Sodium	150mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days