



UCOOK
GOOD FOOD | GOOD PEOPLE

Golden Harissa Chicken

with oven-caramelised carrot, crispy chickpeas & a tossed salad

This one's a breeze to cook and even lovelier to munch! Succulent chicken breast slices, drizzled with honey-harissa yoghurt, strewn with fresh mint, and served with a veggie roast of carrot wedges, chickpeas, and onions.

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Klaudia Weixelbaumer

 **Easy Peasy**

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Ingredients & Prep

480g	Carrot <i>peeled (optional) & cut into wedges</i>
120g	Chickpeas <i>drained & rinsed</i>
1	Onion <i>peeled & cut into wedges</i>
160g	Baby Tomatoes <i>rinsed & halved</i>
2	Free-Range Chicken Breast
60g	Green Leaves <i>rinsed</i>
40g	Radish <i>rinsed & finely sliced</i>
75ml	Harissa Yoghurt <i>(40ml Harissa, 30ml Plain Yoghurt & 5ml Honey)</i>
8g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. ORANGE WEDGES & RED TOMATOES Preheat the oven to 200°C. Place the carrot wedges on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes. Place the drained chickpeas and onion wedges in a bowl. Coat in oil, season, and set aside. Place the halved baby tomatoes in a salad bowl with a drizzle of oil and some seasoning. Toss to coat and set aside to marinate.

2. CRISPY CHICKPEAS & ONIONS When the carrots reach the halfway mark, remove from the oven and give them a shift. Scatter over the dressed chickpeas and onions, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the chickpeas and onions should be crispy and the carrots should be cooked through and caramelised.

3. PAN FRY THE CHICKEN Place a pan (that has a lid) over a medium heat with a drizzle of oil. Pat the chicken breasts dry with some paper towel. When the pan is hot, fry the chicken on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the heat on completion and set aside to rest in the pan for 5 minutes before slicing. Lightly season the slices.

4. PUT TOGETHER THE SALAD & DRESSING Add the rinsed green leaves and sliced radish to the bowl of marinated tomatoes. Give them a good toss to coat. Loosen the harissa yoghurt with 1 tbsp of water until drizzling consistency and stir in a pinch of salt.

5. A HEARTY HELPING! Plate up the juicy chicken slices alongside the carrot wedges and the crispy chickpeas and onions. Serve the fresh salad on the side and drizzle the harissa dressing over it all. Garnish with the fresh, chopped mint. What a breeze!

Nutritional Information

Per 100g

Energy	305kj
Energy	73Kcal
Protein	6.6g
Carbs	8g
of which sugars	3.3g
Fibre	2.1g
Fat	1.4g
of which saturated	0.3g
Sodium	64mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days