



UCOOK

Chicken, Roasted Beets & Goat's Cheese

with grilled stone fruit

What would summer on a plate look like, Chef? Wonder no more, when you see this beautiful salad featuring charred stonefruit slices, creamy crumbly goat's cheese, roasted beets & onion wedges, with golden chicken and crunchy almonds as garnishing.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jade Summers

Carb Conscious

Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

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

Ingredients & Prep

| | |
|------|--|
| 600g | Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i> |
| 2 | Onions <i>peel & cut into thick wedges</i> |
| 15g | Almonds |
| 3 | Free-range Chicken Breasts |
| 15ml | NOMU Italian Rub |
| 3 | Stone Fruit <i>rinse & cut into thick wedges, discarding the pip</i> |
| 45ml | Red Wine Vinegar |
| 60g | Salad Leaves <i>rinse & roughly shred</i> |
| 75g | Chevin Goat's Cheese |

From Your Kitchen

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

1. POP THE VEG IN THE OVEN Preheat the oven to 200°C. Spread the beetroot pieces, and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. A IS FOR ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan, roughly chop, and set aside.

3. BUTTERY 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, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. STONE FRUIT Place a pan or griddle pan over medium heat with a drizzle of oil. When hot, fry the stone fruit until charred, 1-2 minutes per side. Remove from the pan and season.

5. DRESSED SALAD In a bowl, combine the vinegar, a drizzle of olive oil, and seasoning. Add the shredded leaves, ½ the toasted nuts, and the grilled stone fruit.

6. GLORIOUS GRUB Plate up the roasted veg, and the fresh salad. Crumble over the goat's cheese, and scatter over the remaining nuts. Side with the fried chicken slices. Enjoy, Chef!

Chef's Tip

Air fryer method: Coat the beetroot pieces, and the onion wedges in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 303kj |
| Energy | 72kcal |
| Protein | 7.1g |
| Carbs | 6g |
| of which sugars | 2.8g |
| Fibre | 1.5g |
| Fat | 1.9g |
| of which saturated | 0.8g |
| Sodium | 89mg |

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
3 Days