



UCOOK

Chicken & Cheese-crusted Carrots

with hot honey mayo & a fresh green salad

Juicy butter-basted chicken breast is served alongside oven-roasted carrots & baby potatoes coated in grated Italian-style hard cheese & paprika spice. Sided with a classic feta & olive salad. All that's left is to add the spicy honey mayo, and you've got yourself a winner!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

Adventurous Foodie

Bertha Wines | Bertha Shiraz

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

Ingredients & Prep

720g	Carrot <i>rinse, trim, peel & cut into wedges</i>
300g	Baby Potatoes <i>rinse & halve</i>
45ml	Carrot Spice <i>(15ml Ground Paprika, 15ml Garlic Powder & 15ml Onion Powder)</i>
125ml	Grated Italian-style Hard Cheese
3 units	Tangy Mayo
30ml	Honey
15ml	Chilli Oil
1	Lemon <i>rinse, zest & cut ¾ into wedges</i>
3	Free-range Chicken Breasts
30ml	NOMU Italian Rub
60g	Salad Leaves <i>rinse & roughly shred</i>
90g	Danish-style Feta <i>drain & crumble</i>
60g	Pitted Kalamata Olives <i>drain & roughly chop</i>

From Your Kitchen

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

1. VEGGIE ROAST Preheat the oven to 200°C. Place the carrot wedges and the baby potato halves in a bowl and toss with a drizzle of oil, the carrot spice, and seasoning. Spread the dressed veg on a roasting tray. Coat in the grated hard cheese and roast in the hot oven until golden and the cheese is crispy, 30-35 minutes (shifting halfway).

2. HOT HONEY MAYO In a small bowl, combine the mayo with the honey, the chilli oil (to taste), a squeeze of lemon juice (to taste), the lemon zest (to taste), and seasoning. Set aside.

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

4. CLASSIC SALAD To a salad bowl, add the rinsed salad leaves. Toss with the crumbled feta, the chopped olives, the juice from 3 lemon wedges, a drizzle of olive oil, and seasoning. Set aside.

5. LOOKING GOOD! Serve up the juicy chicken slices drizzled with any reserved pan juices. Side with the cheese-crusted carrots & potatoes and the fresh dressed salad. Drizzle with the hot honey mayo and serve whatever's remaining on the side for dunking. Yum!



Chef's Tip

Air fryer method: Coat the carrot wedges and the baby potatoes halves in a drizzle of oil, the carrot spice, seasoning, and the grated hard cheese. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	511kj
Energy	122kcal
Protein	6.3g
Carbs	9g
of which sugars	3.7g
Fibre	2g
Fat	7.1g
of which saturated	1.8g
Sodium	167mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
3 Days