

Eat Within 3 Days

UCOOK

Spicy Honey-glazed Chicken Bowl

with a fresh salad

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Ropafadzo Zengeni

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	392kJ	2809kJ
Energy	94kcal	672kcal
Protein	7.1g	50.7g
Carbs	11g	80g
of which sugars	4.4g	31.3g
Fibre	1.1g	8g
Fat	2.1g	15.3g
of which saturated	0.4g	3.1g
Sodium	150mg	1073mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes *rinse & cut in half*
1	2	Free-range Chicken Breast/s
10ml	20ml	Spice Mix *(2.5ml [5ml] Paprika, 5ml [10ml] NOMU Cajun rub & 2.5ml [5ml] Garlic Powder)*
20ml	40ml	Honey
40g	80g	Salad Leaves *rinse & roughly shred*
80g	160g	Baby Tomatoes *rinse & cut in half*
100g	200g	Cucumber *rinse & roughly dice*
50ml	100ml	Greek Dressing
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. CRISP UP THE POTATOES Coat the potatoes in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, roast in the oven at 200°C until golden, 20-25 minutes (shifting halfway).

2. STICKY, SPICY & SWEET Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into 1cm strips, coat with the spice mix, and season. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Add the honey and cook until sticky, 30-60 seconds. Remove from the heat.

3. ADD SOME FRESHNESS In a bowl, add the salad leaves, tomatoes, cucumber, Greek dressing, and seasoning.

4. SERVE & SAVOUR Dish up the glazed chicken and serve it with the potatoes and salad. Sprinkle over the crispy onion bits. Dig in!

Chef's Tip Honey caramelises faster than you might think! Keep an eye on the heat when cooking with it to achieve a glossy golden glaze without letting it burn.