



UCCOOK

Greek Chicken & Roast Veg

with zesty green beans & an olive and ricotta salsa

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Groote Post Winery | Groote Post Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	416kJ	3361kJ
Energy	99kcal	804kcal
Protein	7.5g	60.3g
Carbs	6g	49g
of which sugars	2.2g	17.9g
Fibre	1.4g	11.3g
Fat	4.6g	37.3g
of which saturated	1.4g	11.6g
Sodium	282mg	2280mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
5ml	10ml	Greek Salt
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut into wedges</i>
30g	60g	Pitted Kalamata Olives <i>drain & halve</i>
40g	80g	Ricotta Cheese <i>drain</i>
10ml	20ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
80g	160g	Green Beans <i>rinse & cut in half</i>

From Your Kitchen

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

1. GREEK ROAST Preheat the oven to 200°C. Pat the chicken dry with paper towel. Spread the chicken pieces on a roasting tray. Coat in oil and the Greek salt. Coat the butternut and the onion in oil and seasoning. Place the veggies around the spiced chicken. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

2. OLIVE & RICOTTA SALSA In a bowl, combine the olives, the ricotta, ½ of the lemon juice, and ½ the parsley. Add a drizzle of olive oil, and seasoning. Set aside.

3. ZESTY BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 4-5 [5-6] minutes (shifting occasionally). In the final minute, add the remaining lemon juice (to taste). Remove from the pan, season, and cover.

4. IT ALL COMES TOGETHER Plate up the Greek chicken. Side with the roasted veggies, the zesty green beans, and the olive and ricotta salsa. Garnish with the remaining parsley. Enjoy!