



# UCOOK

## Coriander & Lime Chicken

with red pepper pesto & almonds

Chicken is marinated in a sweet and zingy mixture of maple-flavoured syrup, lime juice, fresh coriander & a bunch of other flavourful elements. It is then roasted until succulent & crisp, and served alongside red pepper pesto-coated roasted beetroot. Sprinkled with a final flourish of coriander and chilli flakes.

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Carb Conscious

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Stettyn Wines | Stettyn Family Range Rosé  
Chardonnay Pinot Noir

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## Ingredients & Prep

5ml	Maple-flavoured Syrup
10ml	NOMU Mexican Spice Blend
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
15ml	Lime Juice
5ml	Dried Chilli Flakes
2	Free-range Chicken Pieces
200g	Beetroot Chunks <i>cut into bite-sized pieces</i>
20ml	Pesto Princess Red Pepper Pesto
20g	Salad Leaves <i>rinse</i>
10g	Almonds <i>roughly chop</i>
20ml	Grated Italian-style Hard Cheese

## From Your Kitchen

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

**1. ZESTY MARINADE** Preheat the oven to 200°C. In a bowl (large enough for the chicken pieces), combine the maple-flavoured syrup, the NOMU spice blend,  $\frac{3}{4}$  of the chopped coriander, the lime juice,  $\frac{1}{2}$  the chilli flakes (to taste), a drizzle of oil, and seasoning. Pat the chicken pieces dry with paper towel and toss through the marinade until coated. Set aside to marinate for at least 10-15 minutes.

**2. ROASTED BEETS** Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**3. ROASTED CHICKY** Place the marinated chicken pieces on a separate roasting tray. Reserve the marinade in the bowl. Roast the chicken in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, give the tray a shift and pour the reserved marinade over the chicken pieces.

**4. ALMOST THERE...** When the beetroot is finished roasting, toss through  $\frac{1}{2}$  the pesto. In a salad bowl, combine the rinsed salad leaves, the chopped almonds, a drizzle of olive oil, and seasoning.

**5. WINNER WINNER, CHICKEN DINNER!** Plate up the roasted coriander & lime chicken. Side with the pesto-coated beetroot. Dollop over the remaining pesto, sprinkle with the grated cheese, and side with the salad. Sprinkle over the remaining chilli flakes (to taste) and coriander. Amazing work, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot chunks in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	11.1g
Carbs	5g
of which sugars	2.4g
Fibre	1.5g
Fat	7.3g
of which saturated	1.9g
Sodium	190mg

## Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
3 Days