



# UCCOOK

## Chicken & Cheese-crusted Carrots

with hot honey mayo & a fresh green salad

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 546kJ    | 3723kJ      |
| Energy             | 131kcal  | 891kcal     |
| Protein            | 8.1g     | 55.1g       |
| Carbs              | 10g      | 70g         |
| of which sugars    | 4g       | 27.6g       |
| Fibre              | 2.1g     | 14.1g       |
| Fat                | 6.5g     | 44.3g       |
| of which saturated | 1.9g     | 12.4g       |
| Sodium             | 216mg    | 1473mg      |

**Allergens:** Cow's Milk, Soya, Egg, Allium, Sulphites

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                         |
|----------|------------|---------------------------------------------------------------------------------------------------------|
| 240g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into wedges</i>                                                |
| 100g     | 200g       | Baby Potatoes<br><i>rinse &amp; halve</i>                                                               |
| 15ml     | 30ml       | Spice Mix<br><i>(5ml [10ml] Ground Paprika, 5ml [10ml] Garlic Powder &amp; 5ml [10ml] Onion Powder)</i> |
| 40ml     | 80ml       | Grated Italian-style Hard Cheese                                                                        |
| 60ml     | 120ml      | Sweet Mayo<br><i>(50ml [100ml] Hellmann's Tangy Mayonnaise &amp; 10ml [20ml] Honey)</i>                 |
| 5ml      | 10ml       | Chilli Oil                                                                                              |
| 10ml     | 20ml       | Lemon Juice                                                                                             |
| 1        | 2          | Free-range Chicken Breast/s                                                                             |
| 10ml     | 20ml       | NOMU Italian Rub                                                                                        |
| 20g      | 40g        | Green Leaves<br><i>rinse</i>                                                                            |
| 30g      | 60g        | Danish-style Feta<br><i>drain</i>                                                                       |
| 20g      | 40g        | Pitted Kalamata Olives<br><i>drain &amp; roughly chop</i>                                               |

## From Your Kitchen

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

**1. VEGGIE ROAST** Preheat the oven to 200°C. Place the carrots and the baby potatoes in a bowl and toss with a drizzle of oil, the spice mix, 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, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. HOT HONEY MAYO** In a small bowl, combine the sweet mayo with the chilli oil (to taste), ½ the lemon juice (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** Add the green leaves, the feta and the olives to a salad bowl and toss together with the remaining lemon juice (to taste), 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-crusts carrots and potatoes and the fresh dressed salad. Drizzle with the hot honey mayo and serve the remaining on the side for dunking. Yum!