

UCOOK

Chicken & Green Goddess Sauce

with roasted carrot wedges & a baby marrow salad

A gorgeous green dressing made from fresh herbs, creamy guacamole, sour cream and zesty lemon juice. A smear of the sauce is topped with golden-roasted chicken spiced with smoked paprika, and sided with roasted carrot and a baby marrow & red pepper salad. Go and feel like a goddess in the kitchen, Chef!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Carb Conscious

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

6	Free-range Chicken Pieces
360g	Carrot <i>rinsed, trimmed & cut into wedges</i>
30ml	Smoked Paprika
300g	Baby Marrow
24g	Mixed Herbs <i>(12g Fresh Coriander & 12g Fresh Basil)</i>
2	Red Bell Peppers
60g	Salad Leaves
2	Lemons <i>1½ zested & cut into wedges</i>
120g	Guacamole
60ml	Sour Cream

From Your Kitchen

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

1. TEAM CHICKEN & CARROT Preheat the oven to 200°C. Place the chicken pieces and the carrot wedges on a roasting tray. Pat the chicken dry with paper towel. Coat the carrot & chicken in oil, seasoning, and the paprika. Roast in the hot oven until cooked through and crispy, 35-40 minutes (shifting halfway).

2. ALWAYS BE MY BABY MARROW Rinse, trim and cut the baby marrow into rounds. Rinse, pick, and roughly chop the mixed herbs. Rinse, deseed, and cut 1½ of the red peppers into strips. Rinse and roughly shred the salad leaves.

3. GOLDEN ROUNDS Place a pan over medium-high heat with a drizzle of oil. When hot, add the baby marrow rounds and fry until golden, 4-5 minutes (shifting occasionally). Season, squeeze over some lemon juice, and set aside.

4. SENSATIONAL SAUCE In a blender, add ¾ of the chopped herbs, the guacamole, the sour cream, the juice of 3 lemon wedges, the lemon zest, a splash of water, and seasoning. Blend until smooth. Loosen with a splash of water, if necessary.

5. COMBINE TO DINE In a salad bowl, combine the shredded leaves, the pepper strips, the browned baby marrow, seasoning, and a drizzle of olive oil.

6. GET SOME DINNER, CHEF! Smear the green goddess sauce on the plate. Top with the roasted chicken & carrot. Side with the baby marrow salad. Sprinkle over the remaining herbs. Delish, Chef!



Chef's Tip

Air fryer method: Coat the chicken & carrot in oil, seasoning, and the paprika. Pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	389kJ
Energy	93kcal
Protein	7.4g
Carbs	4g
of which sugars	2.3g
Fibre	1.6g
Fat	5.6g
of which saturated	1.6g
Sodium	23mg

Allergens

Dairy, Allium

Cook
within 2
Days