

# UCOOK

## Grilled Chicken & Roast Baby Carrots

**with Danish-style feta, crispy kale & dried pomegranate gems**

The highlight of your day will be in about an hour, Chef! That's when you savour the wonderful combination of oven-roasted baby carrots & kale, with fresh greens, juicy chicken, pops of sweet dried pomegranate gems, toasted seeds, and crumbly Danish-style feta - all coated in an orange & mustard sauce.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Jade Summers

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 Carb Conscious

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 Creation Wines | Creation Chardonnay

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## Ingredients & Prep

|       |   |
|-------|---|
| 360g  | Baby Carrots<br><i>rinsed &amp; trimmed</i>                                   |
| 450g  | Free-range Chicken Mini Fillets   |
| 15ml  | NOMU Roast Rub  |
| 150g  | Kale<br><i>rinsed &amp; roughly shredded</i>                                  |
| 30g   | Pumpkin Seeds   |
| 45g   | Pomegranate Gems  |
| 120g  | Green Leaves<br><i>rinsed &amp; roughly shredded</i>                          |
| 150ml | Mustard Dressing<br><i>(45ml Wholegrain Mustard &amp; 105ml Orange Juice)</i> |
| 75g   | Danish-style Feta<br><i>drained</i>   |

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the baby carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. MARINATE THE CHICKEN** Pat the chicken dry with paper towel. In a bowl, coat the chicken in oil, NOMU rub, and seasoning.

**3. KALE** Place the shredded kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. When the carrots have 8-10 minutes to go, scatter over the kale and roast for the remaining time until crispy.

**4. PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. FRY THE CHICKEN** Return the pan to medium heat with a knob of butter. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and cut into chunks.

**6. ALL TOGETHER** In a salad bowl, combine the roast veg, the pomegranate gems, and a drizzle of olive oil.

**7. TIME TO EAT** Make a bed of the loaded roast. Scatter over the shredded green leaves and the chicken chunks. Drizzle over the mustard dressing. Crumble over the drained feta and garnish with the toasted pumpkin seeds.



## Chef's Tip

Air fryer method: Coat the baby carrots in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway). When the carrots have 8-10 minutes to go, scatter over the shredded kale.

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 405kJ  |
| Energy             | 97kcal |
| Protein            | 9.8g   |
| Carbs              | 6g     |
| of which sugars    | 3g     |
| Fibre              | 2.1g   |
| Fat                | 3.6g   |
| of which saturated | 1.3g   |
| Sodium             | 171mg  |

## Allergens

Dairy, Allium, Sulphites

Cook  
within 1  
Day