



# U C O O K

— COOKING MADE EASY

## SUNRISE CAJUN ROAST CHICKEN

**with a spicy bean, corn & piquanté-pepper salsa**

All the wholesome comfort of roast chicken, but with a Tex-Mex twist! Radiant colours and flavours from Cajun-spiced chicken pieces, hearty bean salsa, warm bulgur salad, and fresh mint dressing.

---

**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

---

**Serves:** 2 People

---

**Chef:** Tami Schrire

---

 **Easy Peasy**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

40g	Green Leaves rinsed
1	Lime zested & cut into wedges
8g	Fresh Mint rinsed, picked & roughly chopped
4	Free-Range Chicken Pieces
20ml	NOMU Cajun Rub
120g	Kidney Beans drained & rinsed
10ml	Vegetable Stock
100g	Corn
200ml	Bulgar Wheat
50g	Pickled Piquanté Peppers drained & roughly sliced
100g	Cucumber diced

## From Your Kitchen

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

**1. CRISPY CAJUN CHICKEN** Preheat the oven to 200°C. Boil the kettle. Place the chicken pieces on a roasting tray and pat dry with some paper towel. Coat in oil, half of the Cajun Rub to taste, and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

**2. BRILLIANT BULGUR** Using a shallow bowl, submerge the bulgur wheat and vegetable stock in 400ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes. Once cooked, fluff up with the fork.

**3. LIME & MINT DRESSING** Time to make the minty, zesty dressing! In a bowl, combine 2 tbsp of olive oil with some lime juice to taste. Mix in three-quarters of the chopped mint and season to taste. Set aside for serving.

**4. SPICY BEAN SALSA** Place a pan over a medium heat with a drizzle of oil. When hot, add the drained kidney beans, sliced piquanté peppers, and corn to the pan. Add the remaining Cajun Rub to taste and sauté for 3-4 minutes until heated through and fragrant. Season to taste and remove from the pan on completion. Set aside for serving.

**5. ZEST IT UP** Once the bulgur wheat is cooked, stir through the diced cucumber and some lime zest to taste.

**6. DEVOUR!** Make a bed of rinsed green leaves, top with a mound of zesty bulgur, and smother in spicy bean salsa. Lay over the Cajun chicken pieces and drizzle with some juices from the roasting tray, if you'd like. Pour over the mint-lime dressing and garnish with the remaining chopped mint. It's time to tuck in!

## Nutritional Information

Per 100g

Energy	695kj
Energy	166Kcal
Protein	11.8g
Carbs	17g
of which sugars	2.3g
Fibre	3.4g
Fat	5.5g
of which saturated	1.4g
Salt	0.7g

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within 3  
Days