



UCOOK

Aromatic Roast Chicken

with Peruvian spices & a loaded bulgur salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	540.3kJ	4200.5kJ
Energy	129.2kcal	1004.8kcal
Protein	8g	62.4g
Carbs	11.2g	86.7g
of which sugars	2.4g	18.4g
Fibre	2.1g	16.4g
Fat	5.9g	45.5g
of which saturated	1.6g	12.8g
Sodium	38.7mg	300.6mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

12.5ml	25ml	Peruvian Spices <i>(2.5ml [5ml] Ground Cumin, 5ml [10ml] Smoked Paprika & 5ml [10ml] Dried Oregano)</i>
2	4	Free-range Chicken Pieces
100g	200g	Leeks <i>trim at the base, halve & rinse well</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
100g	200g	Beetroot Chunks
50ml	100ml	Bulgur Wheat
50g	100g	Corn
40ml	80ml	Sour Cream
20ml	40ml	Pesto Princess Coriander & Chilli Pesto
15ml	30ml	Lemon Juice
10ml	20ml	Red Wine Vinegar
3g	5g	Fresh Oregano <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Blender

Paper Towel

1. PERUVIAN PERFECTION Preheat the oven to 200°C. In a bowl, combine a drizzle of oil, the Peruvian spices, and seasoning. Pat the chicken dry with paper towel. Add the chicken to the spice mixture and toss until coated. Place the leeks, onion and beetroot on a roasting tray, top with the spiced chicken and roast in the oven until cooked through and crisping up, 30-35 minutes (shifting halfway).

2. CORN & BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, add the corn, fluff with a fork, and set aside.

3. START THE GREEN SAUCE When the leeks have been in for 15 minutes, they should be tender and roasted. Remove them from the oven and place into the blender.

4. HOMEMADE GOODNESS To the blender, add the sour cream, pesto, lemon juice, and seasoning. Pulse until smooth. Set aside.

5. LOAD WITH MORE FLAVOUR When the bulgur is done, toss through the roasted veg, red wine vinegar, ½ the oregano, a drizzle of oil and seasoning. Set aside.

6. UNDENIABLY DELICIOUS Plate up the loaded bulgur and serve the roast chicken alongside. Drizzle with the green sauce and garnish with the remaining oregano.