



UCCOOK

Grilled Chicken & Herbed Yoghurt

with butternut & crispy kale

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	300kj	2048kj
Energy	72kcal	490kcal
Protein	6.7g	46g
Carbs	8g	52g
of which sugars	2g	17g
Fibre	2g	11g
Fat	1.3g	8.8g
of which saturated	0.3g	2.2g
Sodium	52.4mg	357.6mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
2	2	Onions <i>peel & cut into wedges</i>
15ml	20ml	NOMU Poultry Rub
150g	200g	Kale <i>rinse & roughly shred</i>
3	4	Free-range Chicken Breasts
16g	20g	Mixed Herbs <i>(8g [10g] Fresh Parsley & 8g [10g] Fresh Coriander)</i>
120ml	160ml	Low Fat Plain Yoghurt
45g	60g	Sun-dried Tomatoes <i>roughly chop</i>

From Your Kitchen

Water
Paper Towel
Seasoning (salt & pepper)
Cooking Spray

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the butternut and the onion on a roasting tray. Lightly add cooking spray and the NOMU rub. Season and roast in the hot oven until golden, 30-35 minutes (shifting halfway). When the roasted veg has 10 minutes remaining, give the tray a shift and scatter over the kale. Roast until crispy, 10-15 minutes. Alternatively, air fry at 200°C for 25-30 minutes before minutes, adding the kale at the halfway mark.

2. GOLDEN CHICKEN Place a pan (with a lid) over medium heat and lightly add cooking spray. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. HERBY YOGHURT Rinse, pick and roughly chop the mixed herbs. To a bowl, add the herbs and the yoghurt. Loosen with a splash of water and season.

4. SET THE TABLE Plate up the roasted veggies and scatter over the sun-dried tomatoes. Side with the perfectly grilled chicken. Drizzle over the herbed yoghurt. Well done, Chef!