



UCCOOK

Chicken & Cheese-crusted Carrots

with hot honey mayo & a fresh green salad

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	546kJ	3723kJ
Energy	131kcal	891kcal
Protein	8.1g	55.1g
Carbs	10g	70g
of which sugars	4g	27.6g
Fibre	2.1g	14.1g
Fat	6.5g	44.3g
of which saturated	1.9g	12.4g
Sodium	216mg	1473mg

Allergens: Cow's Milk, Soya, Egg, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
300g	400g	Baby Potatoes <i>rinse & halve</i>
45ml	60ml	Spice Mix <i>(15ml [20ml] Ground Paprika, 15ml [20ml] Garlic Powder & 15ml [20ml] Onion Powder)</i>
125ml	160ml	Grated Italian-style Hard Cheese
180ml	240ml	Sweet Mayo <i>(150ml [200ml] Hellmann's Tangy Mayonnaise & 30ml [40ml] Honey)</i>
15ml	20ml	Chilli Oil
30ml	40ml	Lemon Juice
3	4	Free-range Chicken Breasts
30ml	40ml	NOMU Italian Rub
60g	80g	Green Leaves <i>rinse</i>
90g	120g	Danish-style Feta <i>drain</i>
60g	80g	Pitted Kalamata Olives <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. VEGGIE ROAST Preheat the oven to 200°C. Place the carrots and the baby potatoes in a bowl and toss with a drizzle of oil, the spice mix, and seasoning. Spread the dressed veg on a roasting tray. Coat in the grated hard cheese and roast in the hot oven until golden and the cheese is crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. HOT HONEY MAYO In a small bowl, combine the sweet mayo with the chilli oil (to taste), ½ the lemon juice (to taste), and seasoning. Set aside.

3. PANFRIED CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and rest for 5 minutes before slicing and seasoning.

4. CLASSIC SALAD Add the green leaves, the feta and the olives to a salad bowl and toss together with the remaining lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

5. LOOKING GOOD! Serve up the juicy chicken slices drizzled with any reserved pan juices. Side with the cheese-crusted carrots and potatoes and the fresh dressed salad. Drizzle with the hot honey mayo and serve the remaining on the side for dunking. Yum!