



UCOOK

Chimichurri Roasted Veg & Chicken

with fresh mint

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: UCOOK

Nutritional Info	Per 100g	Per Portion
Energy	232kj	1866kj
Energy	56kcal	447kcal
Protein	5.5g	44.3g
Carbs	4g	35g
of which sugars	2g	16g
Fibre	2g	13g
Fat	1.5g	12g
of which saturated	0.2g	1.8g
Sodium	76.3mg	612.6mg

Allergens: Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces along the diagonal</i>
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
150g	300g	Free-range Chicken Mini Fillets
65g	125g	Button Mushrooms <i>wipe clean & cut into quarters</i>
100g	200g	Baby Marrow <i>trim & cut into bite-sized pieces along the diagonal</i>
30ml	60ml	Pesto Princess Chimichurri Sauce
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>rinse & cut into bite-sized pieces</i>
1	2	Celery Stalk/s <i>rinse & thinly slice</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the carrot and beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. GOLDEN CHICKEN Place a pan over medium heat with a light drizzle of oil. Pat the chicken dry with paper towel and season. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan and set aside.

3. MUSHROOMS & MARROWS Return the pan to medium heat and fry the mushrooms and the baby marrow until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

4. CHIMICHURRI VEG Place the chimichurri in a small bowl and loosen with water in 5ml increments until slightly drizzling consistency. When the veg has finished roasting, mix through ½ the chimichurri sauce (while it's still warm) and season (if necessary).

5. A GREAT PLATE In a big salad bowl, toss together the salad leaves, the tomato, the celery, the charred mushrooms & marrows and the chimichurri veg. Top with the chicken. Drizzle over the remaining chimichurri and garnish with the mint.