



UCOOK

Peruvian Chicken

with a green crema & fresh oregano

Kick up the heat with our spicy spinach, jalapeño, lime juice, coriander & chilli pesto, and oregano "green crema" sauce. Drizzled over Peruvian-style roasted chicken pieces served with charred green beans and bell pepper slices for a perfectly balanced finish. This meal is a must-try!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Bertha Wines | Bertha Sauvignon Blanc 2023

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Ingredients & Prep

22,5ml	Honey
37,5ml	Peruvian Spices <i>(7,5ml Ground Cumin, 15ml Smoked Paprika & 15ml Dried Oregano)</i>
3	Free-range Chicken Breasts
200ml	Pesto Cream <i>(125ml Sour Cream & 75ml Pesto Princess Basil Pesto)</i>
60g	Spinach <i>rinse</i>
8g	Fresh Oregano <i>rinse, pick & roughly chop</i>
30ml	Lemon Juice
30g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
15g	Almonds <i>roughly chop</i>
240g	Green Beans <i>rinse, trim & cut in half</i>
60g	Salad Leaves <i>rinse</i>
90g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. YOUR NEW FAV FLAVA In a bowl, combine a drizzle of oil, the honey, the Peruvian spices, and seasoning. Pat the chicken dry with paper towel. Add the chicken breasts to the spiced honey mixture and toss until coated.

2. GREEN MEANS GO To a blender, add the pesto cream, the rinsed spinach, ½ the chopped oregano, the lemon juice, the chopped jalapeños (to taste), and seasoning. Pulse until smooth. Set aside.

3. ALL THE ALMONDS Place the chopped almonds in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHARRED BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans until lightly charred, 5-6 minutes (shifting occasionally). Season, remove from the pan, and set aside.

5. FINAL TOUCHES Return the pan to medium heat with a drizzle of oil. When hot, fry the marinated chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. SIMPLE SALAD In a bowl, toss the rinsed leaves with the drained feta, ½ the toasted almonds, a drizzle of olive oil, and seasoning. Set aside.

7. PERUVIAN FEAST! Pile up the glorious green beans and serve with the fresh salad. Side with the Peruvian spiced chicken slices. Drizzle the green crema over the chicken and garnish with the remaining oregano and the toasted nuts.



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and season. Air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	621kJ
Energy	149kcal
Protein	11.7g
Carbs	6g
of which sugars	3.7g
Fibre	1.7g
Fat	8.8g
of which saturated	3.1g
Sodium	150mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Cook
within 2
Days