

UCCOOK

Paprika Chicken & Butternut Fries

with a celery salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	389kJ	2057kJ
Energy	93kcal	492kcal
Protein	7.6g	40.2g
Carbs	7g	36g
of which sugars	2g	11g
Fibre	1g	7g
Fat	3.6g	18.9g
of which saturated	0.4g	2.3g
Sodium	82mg	435mg

Allergens: Sulphites, Sugar Alcohol (Sweetener), Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Butternut Chips
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	Paprika Blend <i>(2.5ml [5ml] Smoked Paprika & 2.5ml [5ml] NOMU Cajun Rub)</i>
1	1	Garlic Clove <i>peel & grate</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
1	2	Celery Stalk/s <i>rinse & roughly slice</i>
15ml	30ml	Balsamic Vinegar
40ml	80ml	BBQ Mayo <i>(15ml [30ml] Carb Smart BBQ Sauce, 25ml [50ml] Mayo)</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Cooking Spray

1. BUTTERNUT FRIES Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. PAPRIKA CHICKEN When the fries have 5-6 minutes to go, place a pan over medium heat. Pat the chicken dry with paper towel, lightly coat with cooking spray, the paprika blend, garlic, and seasoning. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan and set aside.

3. CELERY SALAD In a salad bowl, combine the salad leaves, baby tomatoes, celery, balsamic vinegar, and seasoning.

4. TIME TO DINE Dish up the butternut fries, top with dollops of the BBQ mayo, side with the chicken and the salad. Garnish with the parsley. Enjoy, Chef!