



U C O O K

— COOKING MADE EASY

SUNRISE CAJUN ROAST CHICKEN

with a spicy bean, corn & piquanté-pepper salsa

All the wholesome comfort of roast chicken, but with a Tex-Mex twist! Radiant colours and flavours from Cajun-spiced chicken pieces, hearty bean salsa, warm bulgur salad, and fresh mint dressing.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tami Schrire

 **Easy Peasy**

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Ingredients & Prep

4g	Fresh Mint rinsed, picked & roughly chopped
20g	Green Leaves rinsed
1	Lime one half zested & cut into wedges
2	Free-Range Chicken Pieces
50g	Cucumber diced
60g	Kidney Beans drained & rinsed
50g	Corn
10ml	NOMU Cajun Rub
25g	Pickled Piquanté Peppers drained & roughly sliced
5ml	Vegetable Stock
100ml	Bulgur Wheat

From Your Kitchen

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

1. CRISPY CAJUN CHICKEN Preheat the oven to 200°C. Boil the kettle. Place the chicken pieces on a roasting tray and pat dry with some paper towel. Coat in oil, half of the Cajun Rub to taste, and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

2. BRILLIANT BULGUR Using a shallow bowl, submerge the bulgur wheat and vegetable stock in 200ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes. Once cooked, fluff up with the fork.

3. LIME & MINT DRESSING Time to make the minty, zesty dressing! In a bowl, combine 1 tbsp of olive oil with some lime juice to taste. Mix in three-quarters of the chopped mint and season to taste. Set aside for serving.

4. SPICY BEAN SALSA Place a pan over a medium heat with a drizzle of oil. When hot, add the drained kidney beans, sliced piquanté peppers, and corn to the pan. Add the remaining Cajun Rub to taste and sauté for 2-3 minutes until heated through and fragrant. Season to taste and remove from the pan on completion. Set aside for serving.

5. ZEST IT UP Once the bulgur wheat is cooked, stir through the diced cucumber and some lime zest to taste.

6. DEVOUR! Make a bed of rinsed green leaves, top with a mound of zesty bulgur, and smother in spicy bean salsa. Lay over the Cajun chicken pieces and drizzle with some juices from the roasting tray, if you'd like. Pour over the mint-lime dressing and garnish with the remaining chopped mint. It's time to tuck in!

Nutritional Information

Per 100g

Energy	695kj
Energy	166Kcal
Protein	11.8g
Carbs	17g
of which sugars	2.3g
Fibre	3.4g
Fat	5.5g
of which saturated	1.4g
Salt	0.7g

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days