



# UCOOK

## Pretzel-crumbed Chicken

with jasmine rice, honeyed aioli & roasted vegetables

We're taking pretzels out of the snacking cupboard and onto the dinner table! This will make the delightful crunch of your crumbed chicken, which will be sided with fluffy jasmine rice, a salad of fresh greens, artichokes & oven-roasted butternut & bell peppers. Finished with a honey-garlic aioli.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes


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**Serves:** 1 Person

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**Chef:** Morgan Otten

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 Adventurous Foodie

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 Simonsig | Gewürztraminer

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## Ingredients & Prep

75ml	Jasmine Rice <i>rinsed</i>
250g	Butternut <i>rinsed, deseeded, peeled (optional) &amp; cut into bite-sized pieces</i>
1	Free-range Chicken Breast
40ml	Smoky Spiced Flour <i>(5ml Smoked Paprika, 4ml Garlic Powder, 30ml Cake Flour &amp; 1ml Cayenne Pepper)</i>
50g	Salted Pretzels <i>finely crushed</i>
1	Bell Pepper <i>½ rinsed, deseeded &amp; cut into strips</i>
7,5ml	Honey
1 unit	Roasted Garlic Mayo
20g	Green Leaves <i>rinsed</i>
30g	Artichoke Quarters <i>drained &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Cling Wrap  
Egg/s  
Paper Towel

**1. READY THE RICE** Preheat the oven to 200°C. Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

**2. GOLDEN BUTTERNUT** Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**3. CUT, CLING WRAP, THEN COAT** Pat the chicken dry with paper towel. Slice into one side of the breast, starting at the thicker end and ending at the thinner point (don't cut all the way through.) Open up the butterflied breast, cover with cling wrap, and pummel with a rolling pin or bottle to create an even thickness. Remove the cling wrap. In a bowl, whisk together 1 egg and a tsp of water. Prepare two more shallow dishes: one containing the spiced flour (lightly seasoned) and one containing the crushed pretzels. First, coat the chicken breast in the seasoned flour, dusting off any excess flour. Next, coat in the whisked egg, and, lastly, coat in the pretzels. Place the crumbed chicken breast onto a separate roasting tray and bake in the hot oven until golden and crunchy, 8-10 minutes.

**4. ADD MORE COLOUR** When the butternut reaches halfway, scatter over the pepper strips, toss to combine, and return to the oven for the remaining time.

**5. HONEY-GARLIC AIOLI** In a bowl, combine the honey with the garlic mayo and seasoning. Loosen with a splash of water. Set aside.

**6. OKE-DOKE ARTICHOKE** In a salad bowl, toss together the rinsed leaves, the chopped artichokes, the roasted veg, a drizzle of olive oil, and seasoning. Set aside.

**7. WHAT A FEAST!** Serve up the steaming rice and top with the crumbed chicken. Drizzle over the honey aioli. Side with the roasted veg & green leaf salad.

## Nutritional Information

Per 100g

Energy	487kJ
Energy	116kcal
Protein	6.6g
Carbs	20g
of which sugars	2.4g
Fibre	2g
Fat	1.1g
of which saturated	0.3g
Sodium	118mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Cook  
within 3  
Days