

# UCOOK

## Grilled Chicken & Roast Baby Carrots

**with Danish-style feta, crispy kale & dried pomegranate gems**

The highlight of your day will be in about an hour, Chef! That's when you savour the wonderful combination of oven-roasted baby carrots & kale, with fresh greens, juicy chicken, pops of sweet dried pomegranate gems, toasted seeds, and crumbly Danish-style feta - all coated in an orange & mustard sauce.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Jade Summers

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 Carb Conscious

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 Creation Wines | Creation Chardonnay

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## Ingredients & Prep

120g	Baby Carrots <i>rinsed &amp; trimmed</i>
150g	Free-range Chicken Mini Fillets
5ml	NOMU Roast Rub
50g	Kale <i>rinsed &amp; roughly shredded</i>
10g	Pumpkin Seeds
15g	Pomegranate Gems
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
50ml	Mustard Dressing <i>(15ml Wholegrain Mustard &amp; 35ml Orange Juice)</i>
25g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the baby carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway).

**2. MARINATE THE CHICKEN** Pat the chicken dry with paper towel. In a bowl, coat the chicken in oil, NOMU rub, and seasoning.

**3. KALE** Place the shredded kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. When the carrots have 8-10 minutes to go, scatter over the kale and roast for the remaining time until crispy.

**4. PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. FRY THE CHICKEN** Return the pan to medium heat with a knob of butter. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan and cut into chunks.

**6. ALL TOGETHER** In a salad bowl, combine the roast veg, the pomegranate gems, and a drizzle of olive oil.

**7. TIME TO EAT** Make a bed of the loaded roast. Scatter over the shredded green leaves and the chicken chunks. Drizzle over the mustard dressing. Crumble over the drained feta and garnish with the toasted pumpkin seeds.



## Chef's Tip

Air fryer method: Coat the baby carrots in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway). When the carrots have 8-10 minutes to go, scatter over the shredded kale.

## Nutritional Information

Per 100g

Energy	405kj
Energy	97kcal
Protein	9.8g
Carbs	6g
of which sugars	3g
Fibre	2.1g
Fat	3.6g
of which saturated	1.3g
Sodium	171mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 1  
Day