



UCOOK

Paprika-crusted Chicken Strips

with a lemon yoghurt & roasted butternut

Chicken strips are marinated in a spicy paprika paste before being coated in an almond crumb and fried to crisp perfection. This delish dish is served with golden roasted butternut, tender green beans and a creamy, minty, lemony yoghurt for dipping!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Carb Conscious

 Boschendal | Rose Garden Rosé

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
50ml	Ground Almonds
10ml	Paprika
10g	Fresh Ginger <i>peeled & grated</i>
1	Free-range Chicken Breast <i>cut into strips</i>
40ml	Low Fat Plain Yoghurt
1	Lemon <i>½ zested & cut into wedges</i>
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROASTY ROASTY Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes. Place the sliced green beans in a bowl. Coat in oil and seasoning. Set aside.

2. GRAB YOUR COAT Place the ground almond and some seasoning in a shallow dish. In a separate bowl, combine the paprika, the grated ginger, and a drizzle of oil. Add the chicken strips to the paprika mix and mix until fully coated. On completion, toss each coated chicken strip in the ground almond until fully coated. Set aside.

3. BEANS & DIP When the butternut is halfway, give them a shift and add the dressed green beans to the tray. Roast for the remaining time until the butternut is cooked through. In a bowl, combine the yoghurt, the lemon zest, a squeeze of lemon juice (to taste), ½ the chopped mint, and seasoning. Set aside for serving.

4. FRY THE CHICKY STRIPS Place a nonstick pan over a medium heat with a drizzle of oil. When hot, fry the crusted chicken strips for 2-3 minutes per side until golden and cooked through. Remove from the pan on completion, drain on paper towel, and season to taste.

5. READY, SET, EAT! Make a bed of the rinsed salad leaves and top with the roasted butternut and green beans. Side with the crunchy paprika chicken strips and sprinkle over the remaining mint. Serve with a lemon wedge and the zesty yoghurt for dunking. Yum, Chef!



Chef's Tip

If you want to skip the frying, you can bake the strips instead! Preheat the oven to 200°C and lay the strips out on a greased or lined baking tray. Bake for 10-15 minutes or until cooked through, flipping halfway!

Nutritional Information

Per 100g

Energy	371kJ
Energy	89Kcal
Protein	7.8g
Carbs	8g
of which sugars	1.9g
Fibre	2.3g
Fat	2.6g
of which saturated	0.4g
Sodium	18mg

Allergens

Dairy, Tree Nuts

Cook
within 3
Days