



U C O O K

— COOKING MADE EASY

Tex-Mex Chicken & Bean Chili

with jalapeño relish, golden sweet potato & fresh lime

Like a little heat? This dish is for you! A heap of spicy black bean and roast sweet potato chilli with a skinless grilled chicken breast, bathed in butter. Liven it up even more with a sweet 'n sour jalapeño yoghurt and zesty green leaves.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-size pieces</i>
7.5ml	NOMU Spanish Rub
15g	Pumpkin Seeds
50ml	Plain Yoghurt
15ml	Jalapeño Relish
20g	Green Leaves <i>rinsed</i>
1	Spring Onion <i>thinly sliced</i>
1	Lime <i>zested & cut into wedges</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
120g	Black Beans <i>drained & rinsed</i>
1	Free-Range Chicken Breast
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. SPICE UP THE SWEET POTATO

Preheat the oven to 200°C. Spread out the sweet potato pieces on a roasting tray. Coat in oil, some seasoning, and half of the Spanish Rub. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. TOASTED SEEDS & JALAPEÑO YOGHURT Place a pan (that has a lid) over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool. Place the yoghurt in a bowl with the jalapeño relish to taste. Squeeze in the juice of 2 lime wedges and mix well to combine. Season to taste and set aside for serving.

3. TOSS YOUR ZESTY GREENS Place the rinsed green leaves in a bowl with half of the sliced spring onion and three-quarters of the toasted pumpkin seeds. Add a squeeze of lime juice, a pinch of lime zest, a drizzle of oil, and some seasoning to taste. Toss to coat and set aside for serving.

4. SPICY BEAN CHILLI When the sweet potato reaches the halfway mark, return the pan to a medium-high heat with a drizzle of oil or knob of butter. When hot, sauté the remaining spring onion and the sliced chilli (to taste) for 1-2 minutes until lightly charred. Stir in the drained black beans and the remaining Spanish Rub to taste. Cook for 3-4 minutes until fragrant and warmed through, shifting constantly. On completion, remove the tray of sweet potato from the oven and scatter over the bean chilli. Return to the oven for 10 minutes until the beans begin to crisp.

5. GOLDEN CHICKEN BREAST Wipe down the pan and return it to a medium heat with a drizzle of oil. Pat the chicken breast dry with some paper towel and season. When the pan is hot, fry the chicken on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. During the final 1-2 minutes, remove the lid and baste the chicken with a knob of butter. On completion, set aside in the pan to rest for 5 minutes before serving.

6. AND YOU'RE THERE! Serve up some sweet potato and bean chilli and lay over the juicy chicken breast. Garnish with a generous drizzle of jalapeño yoghurt, the remaining toasted pumpkin seeds, and the chopped coriander. Sprinkle over some lime zest and any remaining fresh chilli to taste. Serve with the tangy salad and a lime wedge on the side. Look at that, Chef!



Chef's Tip

Pumpkin seeds are rich in antioxidants as well as zinc, magnesium, and B-vitamins – all are vital for optimal cognitive functioning. You can toast your pumpkin seeds or just eat them raw. Use them as a salad sprinkle and as a delicious, crunchy snack.

Nutritional Information

Per 100g

Energy	388kJ
Energy	93Kcal
Protein	7.3g
Carbs	12g
of which sugars	3.7g
Fibre	2.1g
Fat	1.2g
of which saturated	0.4g
Sodium	174mg

Allergens

Dairy, Allium

Cook
within 3
Days