



UCCOOK

Dijon & Chimichurri Roasted Chicken

with a beet & cheese purée

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Caitlin Swanepoel

Wine Pairing: Nitida | Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	407kJ	3625kJ
Energy	97kcal	867kcal
Protein	7.6g	68.1g
Carbs	8g	74g
of which sugars	3.6g	31.6g
Fibre	2.2g	19.2g
Fat	4.8g	42.6g
of which saturated	1.2g	10.4g
Sodium	102mg	910mg

Allergens: Cow's Milk, Egg, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10ml	20ml	Dijon Mustard
30ml	60ml	Pesto Princess Chimichurri Sauce
2	4	Free-range Chicken Pieces
200g	400g	Beetroot <i>rinse, peel (optional) & cut into bite-sized chunks</i>
3	6	Baby Onions <i>peel & halve</i>
100g	200g	Brussels Sprouts <i>rinse & halve</i>
30ml	60ml	Grated Italian-style Hard Cheese
5ml	10ml	Lemon Juice
7,5ml	15ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Milk (optional)

Blender

1. MMMUSTARD CHICKEN Preheat the oven to 200°C. In a small bowl, mix the mustard, the chimichurri, the lemon juice (to taste), the chilli flakes (to taste) and seasoning. Pat the chicken dry with paper towel. Smear the mustard mix over the chicken, ensuring it all gets covered in the sauce. Spread the chicken pieces, beetroot and onion on a roasting tray, keeping the meat separate from the veg. Coat the veg in oil and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway).

2. ABOUT THE SPROUTS Place a pan over medium heat. When hot, fry the brussels sprouts cut-side down until charred, 3-4 minutes. Give them a shift, and fry until al dente, 2-3 minutes. Remove the pan and season.

3. UN-BEET-ABLE When the roast is finished, remove the beetroot and onion from the oven and place them in a blender. Return the chicken to the oven for 10 more minutes, or until cooked through. To the blender, add the cheese and some seasoning. Pulse until a smooth purée forms. You may need to loosen with a splash of milk or water if the mixture gets too thick.

4. PHOTO-READY PLATE Smear the beet puree across the side of your plate, topped with the charred brussels sprouts. Side with the sticky chicken pieces, topped with a sprinkle of the remaining chilli flakes (optional).