



UCOOK

Prego Chicken Roast

with prego sauce, corn on the cob & a yoghurt slaw

Pan-grilled chicken mini fillets are fried to golden perfection and served with prego sauce. Sided with corn on the cob, roasted carrot & onion, and a crunchy yoghurt slaw. Hearty and filling, the prego sauce adds a delicious depth of flavour to this dish!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Rhea Hsu

 ***NEW Simple & Save**

 **Alvi's Drift | 221 Chenin Blanc**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Corn on the Cob <i>cut into thirds or halved</i>
1	Onion <i>peeled & cut into wedges</i>
240g	Carrot <i>rinsed, trimmed & cut into wedges</i>
10ml	NOMU Roast Rub
10g	Sunflower Seeds
60ml	Low Fat Plain Yoghurt
100g	Cabbage <i>thinly sliced</i>
30ml	Prego Sauce
300g	Free-range Chicken Mini Fillets <i>pat dry</i>

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 220°C. Place the corn thirds or halves, the onion wedges, and the carrot wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast for 25-30 minutes until browned and cooked through, shifting halfway.

2. CRUNCHY BITS Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. YOU GO GURT! In a salad bowl, combine the yoghurt, the sliced cabbage, and the toasted sunflower seeds. Set aside. Loosen the prego sauce with a splash of water.

4. GOLDEN CHICKY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken mini fillets for 1-2 minutes per side or until golden and cooked through. In the final minute, baste with the remaining NOMU rub. Remove from the heat and set aside to rest for 3 minutes.

5. WINNER DINNER Plate up the chicken mini fillets and drizzle over the loosened prego sauce. Side with the roast veg and the yoghurt slaw. Excellent, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the veg? Coat in oil, ½ the rub, and seasoning. Pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	309kJ
Energy	74kcal
Protein	7.2g
Carbs	8g
of which sugars	3.4g
Fibre	1.6g
Fat	1.5g
of which saturated	0.3g
Sodium	229mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Soy

Cook
within 3
Days