



UCOOK

Coriander & Lime Chicken

with red pepper pesto & almonds

Chicken is marinated in a sweet and zingy mixture of maple-flavoured syrup, lime juice, fresh coriander & a bunch of other flavourful elements. It is then roasted until succulent & crisp, and served alongside red pepper pesto-coated roasted beetroot. Sprinkled with a final flourish of coriander and chilli flakes.

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

Carb Conscious

Stettyn Wines | Stettyn Family Range Rosé
Chardonnay Pinot Noir

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Ingredients & Prep

15ml	Maple-flavoured Syrup
30ml	NOMU Mexican Spice Blend
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>
45ml	Lime Juice
15ml	Dried Chilli Flakes
6	Free-range Chicken Pieces
600g	Beetroot Chunks <i>cut into bite-sized pieces</i>
60ml	Pesto Princess Red Pepper Pesto
60g	Salad Leaves <i>rinse</i>
30g	Almonds <i>roughly chop</i>
60ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. ZESTY MARINADE Preheat the oven to 200°C. In a bowl (large enough for the chicken pieces), combine the maple-flavoured syrup, the NOMU spice blend, $\frac{3}{4}$ of the chopped coriander, the lime juice, $\frac{1}{2}$ the chilli flakes (to taste), a drizzle of oil, and seasoning. Pat the chicken pieces dry with paper towel and toss through the marinade until coated. Set aside to marinate for at least 10-15 minutes.

2. ROASTED BEETS Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

3. ROASTED CHICKY Place the marinated chicken pieces on a separate roasting tray. Reserve the marinade in the bowl. Roast the chicken in the hot oven until cooked through and crispy, 35-40 minutes. At the halfway mark, give the tray a shift and pour the reserved marinade over the chicken pieces.

4. ALMOST THERE... When the beetroot is finished roasting, toss through $\frac{1}{2}$ the pesto. In a salad bowl, combine the rinsed salad leaves, the chopped almonds, a drizzle of olive oil, and seasoning.

5. WINNER WINNER, CHICKEN DINNER! Plate up the roasted coriander & lime chicken. Side with the pesto-coated beetroot. Dollop over the remaining pesto, sprinkle with the grated cheese, and side with the salad. Sprinkle over the remaining chilli flakes (to taste) and coriander. Amazing work, Chef!



Chef's Tip

Air fryer method: Coat the beetroot chunks in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	11.1g
Carbs	5g
of which sugars	2.4g
Fibre	1.5g
Fat	7.3g
of which saturated	1.9g
Sodium	190mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days