



UCOOK

Greek Chicken & Roast Veg

with zesty green beans & an olive and feta salsa

Made from seasonal ingredients to capture clean, light, and refreshing tastes, Greek food is a mouthwatering Mediterranean cuisine that can transport you to Mykonos with just one bite. This Greek feast features oven-roasted chicken, with butternut & onion, sided with a feta, olives & parsley salsa and lemony green beans.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jade Summers

Carb Conscious

Domaine Des Dieux | Chardonnay

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Ingredients & Prep

6	Free-range Chicken Thighs
15ml	Greek Salt
750g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
2	Onions <i>peel & cut into wedges</i>
90g	Pitted Kalamata Olives <i>drain & halve</i>
90g	Danish-style Feta <i>drain</i>
30ml	Lemon Juice
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>
240g	Green Beans <i>rinse & cut in half</i>

From Your Kitchen

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

1. GREEK ROAST Preheat the oven to 200°C. Pat the chicken dry with paper towel. Spread the chicken pieces on a roasting tray. Coat in oil and the Greek salt. Coat the butternut pieces and the onion wedges in oil and seasoning. Place the veggies around the spiced chicken. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. OLIVE & FETA SALSA In a bowl, combine the halved olives, the drained feta, ½ of the lemon juice, and ½ the chopped parsley. Add a drizzle of olive oil and seasoning. Set aside.

3. ZESTY BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 5-6 minutes (shifting occasionally). In the final minute, add the remaining lemon juice (to taste). Remove from the pan, season, and cover.

4. IT ALL COMES TOGETHER Plate up the Greek chicken. Side with the roasted veggies, the zesty green beans, and the olive and feta salsa. Garnish with the remaining parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	435kJ
Energy	104kcal
Protein	7.6g
Carbs	6g
of which sugars	2.3g
Fibre	1.4g
Fat	5.1g
of which saturated	1.7g
Sodium	320mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days