

UCCOOK

Grilled Chicken & Roast Baby Carrots

with Danish-style feta & crispy kale

Hands-on Time: 20 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 348.1kJ | 1959.9kJ |
| Energy | 83.3kcal | 469kcal |
| Protein | 8.4g | 47.1g |
| Carbs | 5.5g | 31g |
| of which sugars | 2.4g | 13.7g |
| Fibre | 1.9g | 10.8g |
| Fat | 2.8g | 15.7g |
| of which saturated | 1.2g | 6.9g |
| Sodium | 122.7mg | 690.7mg |

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 120g | 240g | Baby Carrots <i>rinse & trim</i> |
| 1 | 2 | Free-range Chicken Breast/s <i>pat dry & cut into 1cm thick strips</i> |
| 5ml | 10ml | NOMU Roast Rub |
| 10g | 20g | Pumpkin Seeds |
| 50g | 100g | Kale <i>rinse & shred</i> |
| 100g | 200g | Cucumber <i>rinse & roughly chop</i> |
| 1 | 1 | Tomato <i>rinse & roughly dice 1½ [2]</i> |
| 30g | 60g | Danish-style Feta <i>drain</i> |
| 2,5ml | 5ml | Dried Oregano |
| 30ml | 60ml | Red Wine Vinegar |
| 10g | 20g | Dried Cranberries <i>roughly chop</i> |

From Your Kitchen

Cooking Spray
Seasoning (Salt & Pepper)
Water
Paper Towel

1. COOK THE CARROT Preheat the oven to 200°C. Spread the baby carrots on a roasting tray. Coat in cooking spray and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

2. PREP STEP In a bowl, coat the chicken in cooking spray, NOMU rub, and seasoning. Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRISPY KALE Place the kale in a bowl and lightly coat in cooking spray and seasoning. Using your hands, massage until softened and coated. When the carrots have 8-10 minutes to go, scatter over the kale and roast for the remaining time until crispy.

4. GOLDEN CHICKEN Return the pan to medium heat. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan and set aside.

5. MAKE THE SALAD In a salad bowl, combine the cucumber, tomato, feta, dried oregano, red wine vinegar and seasoning. Set aside.

6. PLATE UP Plate up the chicken with the kale and carrots alongside. Serve the marinated tomato salad on the side. Garnish with the cranberries and pumpkin seeds.