

U COOK

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/ <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>

- 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.

From Your Kitchen

Cooking Spray

Seasoning (Salt & Pepper)

Water

Paper Towel