

UCOOK

Roasted Sweet Potato & Chicken

with a cucumber & bell pepper salad

Golden sweet potato shares a plate with pan-fried chicken breast, spiced with NOMU Roast Rub. An intricate, refreshing, & colourful salad of plump peas, seedless cucumber half-moons, sharp radish, crunchy greens & bell pepper is coated in a tasty dijon mustard-infused vinaigrette.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

***New Calorie Conscious**

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



Ingredients & Prep

600g	Sweet Potato Chunks
90g	Peas
3	Free-range Chicken Breasts
15ml	NOMU Roast Rub
300g	Cucumber <i>rinse & cut in half lengthways</i>
60g	Salad Leaves <i>rinse</i>
60g	Radish <i>rinse & slice into thin rounds</i>
1	Bell Pepper <i>rinse, deseed & cut ¾ into strips</i>
75ml	Vinaigrette <i>(30ml Balsamic Vinegar, 15ml Red Wine Vinegar, 15ml White Wine Vinegar & 15ml Dijon Mustard)</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste with NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. JUST BEFORE SERVING Using a spoon or a knife, gently scoop out the seeds from the cucumber and cut into half-moons. In a bowl, combine the rinsed leaves, the plumped peas, the sliced radish, the sliced peppers, the sliced cucumber, the vinaigrette, and season.

5. DINNER IS READY Plate up the roasted sweet potato, side with the cooked chicken, and the loaded fresh salad. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	244kJ
Energy	58kcal
Protein	5.5g
Carbs	7g
of which sugars	3g
Fibre	2g
Fat	0.8g
of which saturated	0.2g
Sodium	65.8mg

Allergens

Allium, Sulphites

Eat
Within
3 Days