



UCCOOK

Chicken & Cheese-crusted Carrots

with hot honey mayo & a fresh green salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	523kJ	4660kJ
Energy	125kcal	1115kcal
Protein	6.4g	57g
Carbs	9g	84g
of which sugars	3.7g	32.8g
Fibre	2.3g	20.1g
Fat	7.3g	65.3g
of which saturated	1.8g	16.1g
Sodium	132mg	1174mg

Allergens: Cow's Milk, Soya, Egg, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
100g	200g	Baby Potatoes <i>rinse & halve</i>
15ml	30ml	Spice Mix <i>(5ml [10ml] Ground Paprika, 5ml [10ml] Garlic Powder & 5ml [10ml] Onion Powder)</i>
40ml	80ml	Grated Italian-style Hard Cheese
50ml	100ml	Hellmann's Tangy Mayonnaise
10ml	20ml	Honey
5ml	10ml	Chilli Oil
1	1	Lemon <i>rinse, zest & cut ¼ [½] into wedges</i>
1	2	Free-range Chicken Breast/s
10ml	20ml	NOMU Italian Rub
20g	40g	Green Leaves
30g	60g	Danish-style Feta
20g	40g	Pitted Kalamata Olives

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. VEGGIE ROAST Preheat the oven to 200°C. Place the carrots and the baby potatoes in a bowl and toss with a drizzle of oil, the spice mix, and seasoning. Spread the dressed veg on a roasting tray. Coat in the grated hard cheese and roast in the hot oven until golden and the cheese is crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. HOT HONEY MAYO In a small bowl, combine the mayo with the honey, the chilli oil (to taste), a squeeze of lemon juice (to taste), the lemon zest (to taste), and seasoning. Set aside.

3. PANFRIED 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, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and rest for 5 minutes before slicing and seasoning.

4. CLASSIC SALAD Rinse the green leaves and drain the feta and olives. Roughly chop the olives. Add the leaves, the feta and the olives to a salad bowl and toss together with the juice from 1 [2] lemon wedge/s, a drizzle of olive oil, and seasoning. Set aside.

5. LOOKING GOOD! Serve up the juicy chicken slices drizzled with any reserved pan juices. Side with the cheese-crusted carrots & potatoes and the fresh dressed salad. Drizzle with the hot honey mayo and serve whatever's remaining on the side for dunking. Yum!