



UCCOOK

Peruvian-style Chicken & Green Crema

with potato wedges

Hands-on Time: 15 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	387kJ	3042kJ
Energy	93kcal	728kcal
Protein	7.3g	57.7g
Carbs	8g	61g
of which sugars	2.6g	20.3g
Fibre	1.4g	11.2g
Fat	3.7g	29.2g
of which saturated	1g	8g
Sodium	76mg	599mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Garlic Clove <i>peel & grate</i>
7.5ml	15ml	Honey
10ml	20ml	Peruvian Spices <i>(2.5ml [5ml] ground cumin & 2.5ml [5ml] smoked paprika & 5ml[10ml] dried oregano)</i>
2	4	Free-range Chicken Pieces
200g	400g	Potato <i>rinse & cut into wedges</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
40ml	80ml	Sour Cream
50g	100g	Spinach <i>rinse</i>
30ml	60ml	Pesto Princess Coriander & Chilli Pesto
15ml	30ml	Lime Juice
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

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

1. YOUR NEW FAV FLAVA Preheat the oven to 200°C. In a bowl, combine the garlic, a drizzle of oil, the honey, the Peruvian spices, and seasoning. Pat the chicken dry with paper towel. Add the chicken pieces to the spiced honey mixture and toss until coated. Place on a roasting tray in a single layer. Place the potato on a separate roasting tray. Coat in oil and season. Pop both trays in the hot oven and roast until cooked through and crisping up, 30-35 minutes (shifting halfway). When the roast has 10 minutes remaining, scatter over the pepper and roast for the remaining time. Alternatively, air fry the chicken at 200°C for 15-20 minutes, adding the pepper in the final 10 minutes.

2. GREEN MEANS GO To a blender, add the sour cream, the spinach, the pesto, the lime juice, the jalapeños (to taste), and seasoning. Pulse until smooth. Set aside.

3. PERUVIAN FEAST! Pile up the glorious potato wedges. Side with the Peruvian spiced chicken and pepper strips. Drizzle the green crema over the chicken and serve the remaining crema in a bowl for dipping. Yum, Chef - dinner is ready!