



# UCOOK

## Spanish Chicken & Spicy Corn Salad

**with fresh coriander, carrot wedges & chilli flakes**

Chicken breast is coated in a Spanish rub, baked to perfection, and sided with caramelised, oven-roasted carrot wedges. The dish is elevated with a smoky and spicy corn & bean salad tossed with fresh green leaves & zesty lime juice. A tangy sour cream drizzle adds a creamy final touch.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Jemell Willemborg

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 Carb Conscious

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 Waterford Estate | Waterford Pecan Stream  
Pebble Hill

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## Ingredients & Prep

480g	Carrot <i>rinsed, trimmed &amp; cut into wedges</i>
20g	Sunflower Seeds
2	Free-range Chicken Breasts
10ml	NOMU Spanish Rub
40ml	Sour Cream
100g	Corn
5ml	Dried Chilli Flakes
120g	Black Beans <i>drained &amp; rinsed</i>
40g	Green Leaves <i>rinsed</i>
20ml	Lime Juice
8g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. LIVING ON A WEDGE** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 5 minutes, sprinkle over the sunflower seeds.

**2. THERE GOES THE CHICKEN** When the carrot wedges have 10-15 minutes remaining, 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 and rest for 5 minutes before slicing and seasoning.

**3. DASHING DRIZZLE** In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season and set aside.

**4. SPICY SALSA** Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Add the chilli flakes (to taste). Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat, toss through the drained beans, and set aside.

**5. VEGGIE MEDLEY** Just before serving, toss the corn & bean mix with the rinsed green leaves, the lime juice, a drizzle of olive oil, and seasoning.

**6. DINNER IS SERVED** Plate up the Spanish chicken. Side with the carrot wedges & sunflower seeds and the corn salad. Drizzle over the loosened sour cream and sprinkle over the chopped parsley. Delish work, Chef!



## Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes.

## Nutritional Information

Per 100g

Energy	383kj
Energy	92kcal
Protein	8.2g
Carbs	9g
of which sugars	2.8g
Fibre	2.4g
Fat	2.6g
of which saturated	0.8g
Sodium	95mg

## Allergens

Dairy, Allium

Cook  
within 3  
Days