



UCOOK

Tex-Mex Roast Chicken

with pearly spelt, blistered baby tomatoes & chimichurri

An easy, mildly spicy Tex-Mex number to spur you on through the week! Crispy roast chicken pieces paired with wholesome spelt, a chunky black bean and corn chilli, lime-tossed leaves, and chimichurri.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Klaudia Weixelbaumer

 Health Nut

 Lanzerac Estate | Keldermeester Versameling Bergpad

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Ingredients & Prep

75ml	Pearled Spelt
5ml	Vegetable Stock
2	Free-range Chicken Pieces
10ml	NOMU Mexican Spice Blend
100g	Baby Tomatoes <i>rinsed & halved</i>
40g	Corn <i>drained</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
60g	Black Beans <i>drained & rinsed</i>
20g	Green Leaves <i>rinsed</i>
1	Lime <i>one ½ zested & cut into wedges</i>
15ml	Pesto Princess Chimichurri

From Your Kitchen

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

1. GET THE SPELT ON THE GO Preheat the oven to 200°C. Rinse the spelt, place in a pot with the stock, and submerge in 250ml of water. Stir through, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer with the lid slightly ajar for 30-40 minutes until tender but bouncy. Stir occasionally as the water is absorbed, only adding more if required during cooking. Remove from the heat on completion and drain if necessary. Return to the pot and cover to keep warm until serving.

2. POP THE CHICKEN IN THE OVEN Place the chicken on a roasting tray and pat dry with paper towel. Coat in oil, ½ of the Mexican spice blend to taste, and a little seasoning. Roast in the hot oven for 30-35 minutes. Place the halved baby tomatoes in a bowl with a drizzle of oil and some seasoning. Toss to coat and set aside for step 4.

3. MEXI VEGGIES Place a pan over a high heat with a drizzle of oil. When hot, fry the drained corn for 3-4 minutes until charred. Stir through the remaining Mexican spice blend to taste, the white spring onion slices, and the drained black beans. Fry for 2-3 minutes until fragrant and heated through, shifting occasionally. Remove the pan from the heat and cover to keep warm until serving.

4. BLISTERED TOMATOES When the chicken reaches the halfway mark, remove from the oven and scatter the baby tomatoes around it. Return to the oven for the remaining roasting time until the tomatoes are blistered and the chicken is cooked through and crispy.

5. JUST BEFORE SERVING... Place the rinsed green leaves in a bowl with a drizzle of oil, a squeeze of lime juice, and some zest to taste. Season and toss to coat. Loosen the chimichurri with 1 tsp of olive oil and season to taste.

6. NICE WORK! Make a bed of warm spelt and cover in spicy corn and beans. Plate up the roast chicken and drizzle over the chimichurri. Side with the dressed leaves and soft baby tomatoes. To finish, garnish with the green spring onion slices and a lime wedge. Mmm...



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	579kj
Energy	142Kcal
Protein	9g
Carbs	15g
of which sugars	2.2g
Fibre	3g
Fat	5g
of which saturated	1.1g
Sodium	307mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days