



# U C O O K

— COOKING MADE EASY

## PREGO CHICKEN ROAST

**with roast butternut and chickpeas & a crisp Italian salad**

Fire things up with this hearty chicken roast: the spicy, tangy zing of tender chicken pieces in a marinade of prego spice, yoghurt, and lemon; plus, the comfort of warm butternut, crispy chickpeas, and fresh, feta-filled salad.

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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:** Fatima Ellemdeen

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**Health Nut**

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## Ingredients & Prep

160ml	Plain Yoghurt
32.5ml	Prego Spice Mix <i>(30ml NOMU Peri-Peri Rub &amp; 2.5ml Cape Herb &amp; Spice Smoked Paprika)</i>
1	Lemon <i>zested &amp; cut into wedges</i>
4	Free-Range Chicken Pieces
400g	Butternut Chunks <i>cut into bite-size pieces</i>
240g	Chickpeas <i>drained &amp; rinsed</i>
30g	Pumpkin & Sunflower Seed Mix
240g	Baby Tomato Medley <i>rinsed &amp; halved</i>
80g	Salad Leaves <i>rinsed</i>
50g	Danish-Style Feta <i>drained</i>
1	Fresh Chilli <i>deseeded &amp; finely chopped</i>

## From Your Kitchen

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

**1. PREGO CHICKEN MARINADE** Preheat the oven to 200°C. Place the yoghurt in a mixing bowl with the Prego Spice Mix to taste. Combine with the juice of 2 lemon wedges, a drizzle of olive oil, and some seasoning. Pat the chicken pieces dry with some paper towel and add to the bowl of prego marinade. Toss until coated and set aside to marinate for 10 minutes.

**2. ROAST THE VEG** Place the drained chickpeas and butternut pieces on a roasting tray. Coat in oil, season, and spread out in a single layer. When the chicken pieces have finished marinating, place on a separate roasting tray. Reserve the remaining marinade in the bowl. Pop both trays in the hot oven to roast for 35-40 minutes until cooked through and crispy. At the halfway mark, baste the chicken with the reserved marinade and give the veggies a shift.

**3. TOAST THE SEEDS** Place the seed mix in a pan over a medium heat. Toast for 2-4 minutes, shifting occasionally, until the sunflower seeds are lightly browned and the pumpkin seeds are popping. Remove from the pan on completion and set aside to cool.

**4. ZESTY ITALIAN SALAD** Place the halved baby tomatoes in a salad bowl. Add a drizzle of olive oil, season to taste, and set aside to marinate. Just before serving, toss together the marinated tomatoes, rinsed salad leaves, drained feta, and toasted seeds. Squeeze over some lemon juice and add some lemon zest to taste.

**5. PREGO PLATE UP!** Dish up some toasty roast butternut and chickpeas. Top with the prego chicken pieces and pour over any juices from the tray to your preference. Garnish with the fresh, chopped chilli to taste and serve the Italian salad on the side. Excellent work, Chef!



## Chef's Tip

Draining and rinsing canned beans or chickpeas before use drastically reduces the amount of sodium you're adding to your meal. It also reduces the amount of complex sugar (which humans can't digest!) and improves the flavour and texture of the food.

## Nutritional Information

Per 100g

Energy	501kj
Energy	120Kcal
Protein	8.6g
Carbs	8g
of which sugars	1.9g
Fibre	2.1g
Fat	5.3g
of which saturated	1.6g
Sodium	145mg

## Allergens

Dairy, Allium

Cook  
within 3  
Days