



# UCCOOK

## Cajun Grilled Chicken

with roasted beetroot & guacamole

**Hands-on Time:** 20 minutes

**Overall Time:** 50 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Zevenwacht | Estate Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 362kJ    | 2779kJ      |
| Energy             | 87kcal   | 665kcal     |
| Protein            | 6.2g     | 47.9g       |
| Carbs              | 8g       | 58g         |
| of which sugars    | 2.2g     | 16.9g       |
| Fibre              | 2.9g     | 22.2g       |
| Fat                | 3.9g     | 29.8g       |
| of which saturated | 0.2g     | 1.6g        |
| Sodium             | 210mg    | 1609mg      |

**Allergens:** Sulphites, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|         |         |                                                       |
|---------|---------|-------------------------------------------------------|
| 600g    | 800g    | Beetroot<br><i>cut into bite-sized pieces</i>         |
| 450g    | 600g    | Free-range Chicken Mini Fillets                       |
| 30ml    | 40ml    | NOMU Cajun Rub                                        |
| 2       | 2       | Garlic Cloves<br><i>peel &amp; grate</i>              |
| 60g     | 80g     | Piquanté Peppers<br><i>drain</i>                      |
| 2       | 2       | Tomatoes<br><i>rinse &amp; roughly dice</i>           |
| 180g    | 240g    | Borlotti Beans<br><i>drain &amp; rinse</i>            |
| 60g     | 80g     | Sun-dried Tomatoes<br><i>drain &amp; roughly chop</i> |
| 2       | 2       | Spring Onions<br><i>rinse &amp; finely slice</i>      |
| 60g     | 80g     | Salad Leaves<br><i>rinse &amp; roughly shred</i>      |
| 2 units | 2 units | Guacamole                                             |

## From Your Kitchen

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

**1. RUBY BEETS** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. CAJUN CHICKY** Pat the chicken dry with paper towel. In a bowl, combine the NOMU rub, the garlic, and a drizzle of oil. Toss through the chicken. Set aside to marinate, 5-10 minutes.

**3. LOADED SALAD** In a salad bowl, combine the peppers, the tomato, the beans, the sun-dried tomatoes,  $\frac{3}{4}$  of the spring onion, the salad leaves, a drizzle of olive oil, and seasoning. Set aside for serving.

**4. FRY IT UP** When the roast has 10 minutes remaining, place a pan over medium heat with a drizzle of oil. When hot, fry the marinated chicken strips until golden and cooked through, 1-2 minutes per side.

**5. DISH AND NOSH!** Plate up the roasted beetroot and the tomato and bean salad. Side with the chicken and the guacamole. Garnish with the remaining spring onion. Easy as that, Chef!

**Chef's Tip**