



UCOOK

Prego Chicken & Slaw

with carrot wedges & charred corn

If you like prego flavour, you will love this triple taste hit of prego-spiced carrot wedges, and prego-spiced chicken coated in prego sauce. To balance all this spiciness, a cooling side of creamy coleslaw dotted with charred sweet corn shares the space on this great plate of food.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Laborie Estate | Laborie Chenin Blanc

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
15ml	Prego Spice <i>(5ml Garlic Powder, 2,5ml Smoked Paprika, 2,5ml Dried Oregano, 2,5ml Dried Thyme & 2,5ml Dried Chilli Flakes)</i>
150g	Free-range Chicken Mini Fillets
50g	Corn
100g	Cabbage <i>rinse & thinly slice ½</i>
1	Spring Onion <i>rinse, trim & finely slice</i>
50ml	Mayo
40ml	Prego Sauce

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil, ½ the prego spice, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. SOME PREP Pat the chicken dry with paper towel. Coat in oil, the remaining prego spice, and season.

3. CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan.

4. SLAW In a salad bowl, combine the shredded cabbage, the spring onion (to taste), the charred corn, and the mayo. Season and set aside in the fridge.

5. CHICKEN When the carrot wedges have 4-5 minutes to go, return the pan to medium-high heat with a drizzle of oil. When hot, fry the chicken until cooked through and lightly charred, 1-2 minutes per side. Add the prego sauce and remove from the pan with all the pan juices.

6. DINNER IS READY Plate up the carrot wedges, side with the juicy prego chicken, and the slaw. Garnish with any remaining spring onion and enjoy, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges in oil, ½ the prego spice, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	432kJ
Energy	103kcal
Protein	6.3g
Carbs	9g
of which sugars	4g
Fibre	2g
Fat	4.8g
of which saturated	0.5g
Sodium	83mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Soy

Eat
Within
3 Days