



# UCCOOK

## Grilled Chicken & Herbed Yoghurt

with butternut & crispy kale

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Jade Summers

### Nutritional Info

	Per 100g	Per Portion
Energy	301kj	1827kj
Energy	72kcal	437kcal
Protein	7.5g	45.4g
Carbs	7g	45g
of which sugars	2g	14g
Fibre	2g	10g
Fat	1.4g	8.7g
of which saturated	0.4g	2.2g
Sodium	57mg	346.3mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
2	2	Onions <i>peel &amp; cut into wedges</i>
15ml	20ml	NOMU Poultry Rub
150g	200g	Kale <i>rinse &amp; roughly shred</i>
3	4	Free-range Chicken Breasts
16g	20g	Mixed Herbs <i>[8g [10g] Fresh Parsley &amp; 8g [10g] Fresh Coriander)</i>
120ml	160ml	Low Fat Plain Yoghurt
45g	60g	Sun-dried Tomatoes <i>roughly chop</i>

## From Your Kitchen

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Water  
Paper Towel  
Seasoning (salt & pepper)  
Cooking Spray (or oil of your choice)

**1. ROAST WITH THE MOST** Preheat the oven to 200°C. Spread the butternut and the onion on a roasting tray. Lightly add cooking spray or a drizzle of oil and the NOMU rub. Season and roast in the hot oven until golden, 30-35 minutes (shifting halfway). When the roasted veg has 10 minutes remaining, give the tray a shift and scatter over the kale. Roast until crispy, 10-15 minutes. Alternatively, air fry at 200°C for 25-30 minutes, adding the kale at the halfway mark.

**2. GOLDEN CHICKEN** Place a pan (with a lid) over medium heat and lightly add cooking spray or a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. HERBY YOGHURT** Rinse, pick and roughly chop the mixed herbs. To a bowl, add the herbs and the yoghurt. Loosen with a splash of water and season.

**4. SET THE TABLE** Plate up the roasted veggies and scatter over the sun-dried tomatoes. Side with the perfectly grilled chicken. Drizzle over the herbed yoghurt. Well done, Chef!