

UCCOOK

Greek Chicken & Roast Veg

with zesty green beans & an olive and feta salsa

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	429kJ	3510kJ
Energy	103kcal	840kcal
Protein	7.5g	61.5g
Carbs	6g	50g
of which sugars	2.3g	18.8g
Fibre	1.5g	12g
Fat	4.9g	40.4g
of which saturated	1.6g	13.4g
Sodium	312mg	2558mg

Allergens: Sulphites, Cow's Milk, Allium

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
5ml	10ml	Greek Seasoning
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut into wedges</i>
30g	60g	Pitted Kalamata Olives <i>drain & halve</i>
30g	60g	Danish-style Feta
10ml	20ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
100g	200g	Green Beans <i>rinse & cut in half</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Paper Towel

Water

1. GREEK ROAST Preheat the oven to 200°C. Pat the chicken dry with paper towel. Spread the chicken pieces on a roasting tray. Coat in oil and the Greek seasoning. Coat the butternut and the onion in oil and seasoning. Place the veggies around the spiced chicken. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

2. OLIVE & FETA SALSA In a bowl, combine the olives, the feta, ½ of the lemon juice, and ½ of the parsley. Add a drizzle of olive oil, and seasoning. Set aside.

3. ZESTY BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 [5-6] minutes (shifting occasionally). In the final minute, add the remaining lemon juice (to taste). Remove from the pan, season and cover.

4. IT ALL COMES TOGETHER Plate up the Greek chicken. Side with the roasted veggies, the zesty green beans, and the olive and feta salsa. Garnish with the remaining parsley. Enjoy!