



# UCCOOK

## Smoky Chicken & Garlic Green Beans

with a sun-dried tomato & roasted carrot salad

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Muratie Wine Estate | Muratie Laurens  
Campher Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 425kJ    | 3419kJ      |
| Energy             | 102kcal  | 818kcal     |
| Protein            | 7.1g     | 56.7g       |
| Carbs              | 6g       | 51g         |
| of which sugars    | 2.9g     | 23.3g       |
| Fibre              | 2g       | 15.7g       |
| Fat                | 5.9g     | 47.5g       |
| of which saturated | 1.3g     | 10.5g       |
| Sodium             | 57mg     | 457mg       |

**Allergens:** Soya, Egg, Allium, Sulphites

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |   |
|----------|------------|---|
| 6        | 8          | Free-range Chicken Pieces   |
| 30ml     | 40ml       | Smoky Rub<br><i>(7,5ml [10ml] Ground Paprika, 7,5ml [10ml] Onion Powder &amp; 15ml [20ml] NOMU Spanish Rub)</i> |
| 240g     | 240g       | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i>   |
| 300g     | 400g       | Green Beans<br><i>rinse &amp; halve</i>   |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>  |
| 2        | 2          | Fresh Chillies<br><i>rinse, trim, deseed &amp; finely chop</i>  |
| 2        | 2          | Lemons<br><i>rinse, zest &amp; cut 1½ [2] into wedges</i>   |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>  |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>  |
| 75g      | 100g       | Sun-dried Tomatoes<br><i>roughly chop</i>   |
| 150ml    | 200ml      | Hellmann's Tangy Mayonnaise   |

## From Your Kitchen

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

**1. SMOKY CHICKEN & CARROTS** Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the smoky rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). When the chicken has reached its halfway mark, spread the carrots on a separate roasting tray. Coat in oil and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway).

**2. GARLICKY GREEN BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 6-7 minutes (shifting constantly). In the final minute, add the garlic and the chilli. Remove from the heat. Add a squeeze of lemon juice (to taste), ½ the parsley, and seasoning.

**3. SUN-DRIED TOMATO SALAD** In a bowl, combine the salad leaves, the sun-dried tomatoes, the roasted carrots, a drizzle of olive oil, and seasoning. To a separate bowl, add the lemon zest, a squeeze of lemon juice (to taste), the mayo, and water in 5ml increments until drizzling consistency.

**4. COME GET SOME DIN-DIN!** Plate up the smoky chicken, the garlicky green beans, and the sun-dried tomato salad. Drizzle over the zesty mayo and garnish with the remaining parsley. Enjoy, Chef!