



UCOOK

Tex-Mex Roast Chicken

with pearled spelt, blistered baby tomatoes & Pesto Princess Chimichurri

An easy tex-mex number to spur you on towards the weekend! Crispy roast chicken pieces coupled with wholesome spelt, a chunky black bean and corn chilli, lime-tossed leaves, and drizzles of chimichurri.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Klaudia Weixelbaumer

 **Health Nut**

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Ingredients & Prep

75ml	Pearled Spelt
5ml	Vegetable Stock
2	Free-range Chicken Pieces
10ml	NOMU Mexican Spice Blend
100g	Baby Tomatoes <i>rinsed & halved</i>
40g	Corn <i>drained</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
60g	Black Beans <i>drained & rinsed</i>
20g	Green Leaves <i>rinsed</i>
1	Lime <i>one half zested & cut into wedges</i>
15ml	Pesto Princess Chimichurri

From Your Kitchen

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

1. GET THE SPELT ON THE GO Preheat the oven to 200°C. Rinse the spelt, place in a pot with the stock, and submerge in 250ml of water. Stir through, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer with the lid slightly ajar for 30-40 minutes until tender but still bouncy. Stir occasionally as the water is absorbed, only adding more if required during the cooking process. Remove from the heat on completion and drain if necessary.

2. POP THE CHICKEN IN TO ROAST Place the chicken on a roasting tray and pat dry with paper towel. Coat in oil, half of the Mexican spice blend, and seasoning to taste. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy. Place the halved baby tomatoes in a bowl with a drizzle of oil and some seasoning. Toss to coat and set aside for step 4.

3. MEXI VEGGIES Place a pan over a high heat with a drizzle of oil. When hot, fry the corn for 3-4 minutes until charred. Stir through the remaining Mexican spice blend, the white spring onion slices, and the drained black beans. Fry for 2-3 minutes until fragrant and heated through. Remove the pan from the heat and cover to keep warm until serving.

4. BLISTERED TOMATOES When the chicken reaches the halfway mark, remove the tray from the oven and scatter around the dressed baby tomatoes. Return to the oven for the remaining roasting time until blistered.

5. JUST BEFORE SERVING... Place the rinsed green leaves in a bowl with a drizzle of oil, a pinch of lime zest, and some lime juice to taste. Season and toss to coat. Loosen the chimichurri with a tsp of olive oil and season to taste.

6. SHINING TEX-MEX DINING! Make a bed of dressed leaves. Load up with the pearled spelt and the spicy corn and beans. Top with the roast chicken and drizzle over the chimichurri. Garnish with the green spring onion slices and the remaining lime wedge. Nice work, Chef!

Nutritional Information

Per 100g

Energy	620kj
Energy	150Kcal
Protein	11.1g
Carbs	12g
of which sugars	2g
Fibre	2.5g
Fat	6.1g
of which saturated	1.5g
Sodium	313.5mg

Allergens

Allium, Sulphites

Cook
within 3
Days