



UCCOOK

Prego Chicken & Slaw

with carrot wedges & charred corn

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | Beeskamp Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	432kJ	2849kJ
Energy	103kcal	681kcal
Protein	6.3g	41.6g
Carbs	9g	58g
of which sugars	4g	26.3g
Fibre	2g	13.2g
Fat	4.8g	31.7g
of which saturated	0.5g	3.3g
Sodium	83mg	545mg

Allergens: Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
15ml	30ml	Prego Spice <i>(5ml [10ml] Garlic Powder, 2,5ml [5ml] Smoked Paprika, 2,5ml [5ml] Dried Oregano, 2,5ml [5ml] Dried Thyme & 2,5ml [5ml] Dried Chilli Flakes)</i>
150g	300g	Free-range Chicken Mini Fillets
50g	100g	Corn
100g	100g	Cabbage <i>rinse & thinly slice ½ [1]</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
50ml	50ml	Mayo
40ml	80ml	Prego Sauce

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

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). Alternatively, air fry at 200°C until crispy, 20-25 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 cabbage, the spring onion (to taste), the 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!