



U C O O K

— COOKING MADE EASY

PREGO CHICKEN ROAST

with roast butternut and chickpeas & a crisp Italian salad

Fire things up with this hearty chicken roast: the spicy, tangy zing of tender chicken pieces in a marinade of prego spice, yoghurt, and lemon; plus, the comfort of warm butternut, crispy chickpeas, and fresh, feta-filled salad.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Fatima Ellemdeen



Health Nut

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

80ml	Plain Yoghurt
16.25ml	Prego Spice Mix <i>(15ml NOMU Peri-Peri Rub & 1.25ml Cape Herb & Spice Smoked Paprika)</i>
1	Lemon <i>one half zested & cut into wedges</i>
2	Free-Range Chicken Pieces
200g	Butternut Chunks <i>cut into bite-size pieces</i>
120g	Chickpeas <i>drained & rinsed</i>
15g	Pumpkin & Sunflower Seed Mix
120g	Baby Tomato Medley <i>rinsed & halved</i>
40g	Salad Leaves <i>rinsed</i>
25g	Danish-Style Feta <i>drained</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>

From Your Kitchen

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

1. PREGO CHICKEN MARINADE Preheat the oven to 200°C. Place the yoghurt in a mixing bowl with the Prego Spice Mix to taste. Combine with the juice of 1 lemon wedge, a drizzle of olive oil, and some seasoning. Pat the chicken pieces dry with some paper towel and add to the bowl of prego marinade. Toss until coated and set aside to marinate for 10 minutes.

2. ROAST THE VEG Place the drained chickpeas and butternut pieces on a roasting tray. Coat in oil, season, and spread out in a single layer. When the chicken pieces have finished marinating, nestle them amongst the veg on the tray. Reserve the remaining marinade in the bowl. Pop the roast in the hot oven for 35-40 minutes until cooked through and crispy. At the halfway mark, baste the chicken with the reserved marinade and give the veggies a shift.

3. TOAST THE SEEDS Place the seed mix in a pan over a medium heat. Toast for 2-4 minutes, shifting occasionally, until the sunflower seeds are lightly browned and the pumpkin seeds are popping. Remove from the pan on completion and set aside to cool.

4. ZESTY ITALIAN SALAD Place the halved baby tomatoes in a salad bowl. Add a drizzle of olive oil, season to taste, and set aside to marinate. Just before serving, toss together the marinated tomatoes, rinsed salad leaves, drained feta, and toasted seeds. Squeeze over some lemon juice and add some lemon zest to taste.

5. PREGO PLATE UP! Dish up some toasty roast butternut and chickpeas. Top with the prego chicken pieces and pour over any juices from the tray to your preference. Garnish with the fresh, chopped chilli to taste and serve the Italian salad on the side. Excellent work, Chef!



Chef's Tip

Draining and rinsing canned beans or chickpeas before use drastically reduces the amount of sodium you're adding to your meal. It also reduces the amount of complex sugar (which humans can't digest!) and improves the flavour and texture of the food.

Nutritional Information

Per 100g

Energy	501kJ
Energy	120Kcal
Protein	8.6g
Carbs	8g
of which sugars	1.9g
Fibre	2.1g
Fat	5.3g
of which saturated	1.6g
Sodium	145mg

Allergens

Dairy, Allium

Cook
within 3
Days