

UCOOK

Chicken & Chimichurri Roasted Veg

with fresh mint

Meaty mushrooms, baby marrows and Pesto Princess Chimichurri Sauce-coated beetroot & carrot are tossed with crunchy salad leaves, tangy baby tomatoes, and golden chicken mini fillets. Served with fresh, cooling mint leaves.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: UCOOK

*New Calorie Conscious

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Ingredients & Prep

360g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces along the diagonal</i>
600g	Beetroot Chunks
450g	Free-range Chicken Mini Fillets
375g	Button Mushrooms <i>wipe clean & cut into quarters</i>
300g	Baby Marrow <i>trim & cut into bite-sized pieces along the diagonal</i>
125ml	Pesto Princess Chimichurri Sauce
60g	Salad Leaves <i>rinse & roughly shred</i>
240g	Baby Tomatoes <i>rinse & cut in half</i>
3	Celery Stalks <i>rinse & thinly slice</i>
8g	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the carrot and beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. GOLDEN CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and season. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and set aside.

3. MUSHROOMS & MARROWS Return the pan to medium heat and fry the mushrooms and the baby marrow until golden, 6-7 minutes (shifting occasionally). Remove from the pan and season.

4. CHIMICHURRI VEG Place the chimichurri in a small bowl and loosen with water in 5ml increments until slightly drizzling consistency. When the veg has finished roasting, mix through ½ the chimichurri sauce (while it's still warm) and season (if necessary).

5. A GREAT PLATE In a big salad bowl, toss together the shredded salad leaves, the baby tomatoes, the celery, the charred mushrooms & marrows and the chimichurri veg. Top with the chicken. Drizzle over the remaining chimichurri and garnish with the mint.

Nutritional Information

Per 100g

Energy	241kJ
Energy	58kcal
Protein	5.5g
Carbs	4g
of which sugars	2g
Fibre	2g
Fat	1.7g
of which saturated	0.2g
Sodium	85.8mg

Allergens

Allium, Sulphites

Eat
Within
3 Days