



UCCOOK

Prego Chicken & Slaw

with carrot wedges & charred corn

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	532kJ	3880kJ
Energy	127kcal	928kcal
Protein	7.5g	54.7g
Carbs	7g	53g
of which sugars	3.8g	27.8g
Fibre	1.7g	12.7g
Fat	7.6g	55.8g
of which saturated	1.3g	9.9g
Sodium	119mg	804mg

Allergens: Egg, Gluten, Wheat, Soya, Allium

Spice Level: Mild

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] Oregano, 2.5ml [5ml] Thyme, 2.5ml [5ml] Chilli Flakes)</i>
2	4	Free-range Chicken Pieces
30g	60g	Corn
100g	100g	Cabbage <i>rinse & thinly slice ½ [all]</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
50ml	100ml	Mayo
40ml	80ml	Prego Sauce

From Your Kitchen

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

- 1. ROAST** Preheat the oven to 200°C. Spread the carrot and chicken on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the prego spice, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).
- 2. 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.
- 3. 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.
- 4. CHICKEN** When the roast has 2-3 minutes to go, remove from the oven and baste the chicken with the prego sauce. Return to the oven for the remaining time.
- 5. 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!