

UCOOK

Crispy Chicken & Sweet Chilli Sauce

with roasted beetroot & toasted pumpkin seeds


Peak your week with this roasted chicken and beetroot dish! Sided with a super simple salad loaded with zingy baby tomatoes. Bringing it all together is a tasty dressing of sweet chilli sauce, lemon juice, fresh chilli, and a sprinkling of toasted pumpkin seeds. Yum, yum and yum!


Hands-on Time: 30 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Megan Bure

 Carb Conscious

 Paserene | The Shiner White Blend

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



Ingredients & Prep

8	Free-range Chicken Pieces
800g	Beetroot Chunks <i>rinsed & cut into bite-sized chunks</i>
40ml	NOMU Spanish Rub
60ml	Sweet Chilli Sauce
40ml	Lemon Juice
2	Fresh Chillies <i>rinsed, deseeded & finely chopped</i>
40g	Pumpkin Seeds
80g	Green Leaves <i>rinsed</i>
320g	Baby Tomatoes <i>rinsed & cut into quarters</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. CHEEKY CHICKY Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel. Place the chicken pieces on one half of a roasting tray and the beetroot pieces on the other. Use two trays if necessary. Coat both in oil, the NOMU rub, and seasoning. Roast in the hot oven until the beetroot is tender and the chicken is crisp and cooked through, 30-35 minutes (shifting halfway).

2. SWEET CHILLI SAUCE In a bowl, combine the sweet chilli sauce, the lemon juice, ½ the chopped chilli (to taste), a sweetener, 4 tsp of oil, and seasoning. Set aside until serving.

3. YOU'LL SUC-SEED! Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SALAD CITY Just before serving, combine the rinsed green leaves, the quartered baby tomatoes, a drizzle of olive oil, and seasoning in a bowl.

5. TIME TO EAT! Plate up the roasted chicken pieces and the simple tomato salad. Side with the roasted beetroot. Drizzle over the sweet chilli sauce. Finish with a sprinkling of the toasted pumpkin seeds and the remaining chilli (to taste). Wonderful work, Chef!

Nutritional Information

Per 100g

Energy	462kJ
Energy	110kcal
Protein	9.6g
Carbs	4g
of which sugars	1.2g
Fibre	2g
Fat	5.5g
of which saturated	1.5g
Sodium	156mg

Allergens

Allium, Sulphites, Sugar Alcohol
(Xylitol)

Cook
within 3
Days