



UCCOOK

Peruvian Chicken

with a pesto crema

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterkloof | Seriously Cool Cinsault

Nutritional Info

	Per 100g	Per Portion
Energy	582kJ	2463kJ
Energy	139kcal	589kcal
Protein	10.7g	45.1g
Carbs	5g	22g
of which sugars	3g	12.8g
Fibre	1.4g	6.1g
Fat	8.6g	36.5g
of which saturated	2.4g	10.1g
Sodium	108mg	456mg

Allergens: Cow's Milk, Egg, Allium, Sulphites, Tree Nuts

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
7,5ml	15ml	Honey
12,5ml	25ml	Peruvian Spices <i>(2,5ml [5ml] Ground Cumin, 5ml [10ml] Smoked Paprika & 5ml [10ml] Dried Oregano)</i>
1	2	Free-range Chicken Breast/s
75ml	150ml	Pesto Crème <i>(40ml [80ml] Sour Cream & 35ml [70ml] Pesto Princess Basil Pesto)</i>
20g	40g	Green Leaves <i>rinse</i>
5ml	10ml	Dried Oregano
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
10ml	20ml	Lemon Juice
5g	10g	Almonds <i>roughly chop</i>
80g	160g	Green Beans <i>rinse, trim & cut in half</i>
20g	40g	Salad Leaves <i>rinse</i>
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. **YOUR NEW FAV FLAVA** In a bowl, combine a drizzle of oil, the honey, the Peruvian spices, and seasoning. Pat the chicken dry with paper towel. Add the chicken breast/s to the spiced honey mixture and toss until coated.

2. **GREEN MEANS GO** To a blender, add the pesto cream, the green leaves, the oregano, the lemon juice, the jalapeños (to taste), and seasoning. Pulse until smooth. Set aside.

3. **ALL THE ALMONDS** Place the almonds in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. **CHARRED BEANS** Return the pan to medium-high heat with a drizzle of oil. Fry the green beans until lightly charred, 4-5 [6-7] minutes (shifting occasionally). Season, remove from the pan and set aside.

5. **FINAL TOUCHES** Return the pan to medium heat with a drizzle of oil (if necessary). Fry the marinated chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. **SIMPLE SALAD** In a bowl, toss the salad leaves with the feta, ½ the almonds, a drizzle of olive oil, and seasoning. Set aside.

7. **PERUVIAN FEAST!** Pile up the glorious green beans and serve with the fresh salad. Side with the Peruvian spiced chicken slices. Drizzle the green crema over the chicken and garnish with the toasted nuts.