



# UCCOOK

## Cajun Grilled Chicken

**with roasted beetroot & guacamole**

A simple and delicious dish bringing all the flavour with minimal effort! NOMU Cajun Rub marinated chicken is served alongside roasted beetroot chunks and pickled piquanté peppers, sun-dried tomato & borlotti bean salad. Dollops of creamy guac make this dish delish!

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**Hands-on Time:** 20 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Carb Conscious

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Strandveld | Adamastor White Blend

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## Ingredients & Prep

600g	Beetroot Chunks <i>cut into bite-sized pieces</i>
450g	Free-range Chicken Mini Fillets
30ml	NOMU Cajun Rub
2	Garlic Cloves <i>peel &amp; grate</i>
60g	Piquanté Peppers <i>drain</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
180g	Borlotti Beans <i>drain &amp; rinse</i>
120g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
2	Spring Onions <i>rinse &amp; finely slice</i>
2 units	Guacamole

## From Your Kitchen

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

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

**2. CAJUN CHICKY** Pat the chicken strips dry with paper towel. In a bowl, combine the NOMU rub, the grated garlic, and a drizzle of oil. Toss through the chicken strips. Set aside to marinate, 5-10 minutes.

**3. LOADED SALAD** In a salad bowl, combine the drained peppers, the diced tomato, the rinsed beans, the chopped sun-dried tomatoes,  $\frac{3}{4}$  of the spring onion slices, a drizzle of olive oil, and seasoning. Set aside for serving.

**4. FRY IT UP** When the roast has 10 minutes remaining, place a pan over medium heat with a drizzle of oil. When hot, fry the marinated chicken strips until golden and cooked through, 1-2 minutes per side.

**5. DISH AND NOSH!** Plate up the roasted beetroot and the tomato and bean salad. Side with the chicken and the guacamole. Garnish with the remaining spring onion slices. Easy as that, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	379kJ
Energy	95kcal
Protein	6.4g
Carbs	8g
of which sugars	2.7g
Fibre	3g
Fat	4.2g
of which saturated	0.3g
Sodium	217mg

## Allergens

Allium, Sulphites

Eat  
Within  
3 Days