



UCOOK

Roasted Sriracha Chicken

with a roasted beetroot & feta salad

Chicken pieces are doused in a spicy concoction of sriracha, yoghurt and spices before being roasted until crispy and succulent. It is served alongside a roasted beetroot, walnut & feta salad. This dish is balanced, simple and deliciously fiery!

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Carb Conscious

 Waterford Estate | Waterford Grenache Noir

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

Ingredients & Prep

2	Free-range Chicken Thighs
200g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
60ml	Low Fat Plain Yoghurt
10ml	Dijon Mustard
15ml	Sriracha Sauce
15ml	Lemon Juice
10ml	NOMU One For All Rub
20g	Salad Leaves <i>rinsed & roughly shredded</i>
100g	Cucumber <i>cut into half-moons</i>
25g	Walnuts <i>roughly chopped</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
40g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. ROAST CHICKEN & BEETROOT Preheat the oven to 200°C. Pat the chicken thighs dry with paper towel. Place on half of a roasting tray. Place the beetroot chunks on the other half of the tray. Coat the chicken and the beetroot in oil and seasoning. Roast in the hot oven for 30-35 minutes.

2. M(ARIN)ADE IN HEAVEN In a small bowl, combine the yoghurt, the mustard, the sriracha (to taste), ½ the lemon juice, the NOMU rub, sweetener, and seasoning.

3. SPICY CHICKY When the chicken is halfway, give the tray a shift. Coat the chicken pieces in the spicy marinade and return to the oven. Roast for the remaining time until cooked through.

4. BEET & WALNUT SALAD When the beetroot is done, place in a bowl. Add the shredded salad leaves, the cucumber half-moons, the chopped walnuts, the sliced spring onion whites, the remaining lemon juice, a drizzle of oil, and some seasoning. Toss until fully combined.

5. DINNER IS SERVED! Serve the sriracha chicken drizzled with any remaining tray juices. Side with the roasted beetroot & walnut salad. Crumble the drained feta over the salad and sprinkle over the spring onion greens. Dive in, Chef!



Chef's Tip

Air fryer method: Coat the chicken and beetroot chunks in oil, season, and pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	515kj
Energy	123kcal
Protein	9g
Carbs	4g
of which sugars	1.5g
Fibre	1.2g
Fat	7.8g
of which saturated	2.3g
Sodium	224mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days