



UCCOOK

Smoky Chicken & Garlic Green Beans

with a sun-dried tomato & roasted carrot salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	425kJ	3419kJ
Energy	102kcal	818kcal
Protein	7.1g	56.7g
Carbs	6g	51g
of which sugars	2.9g	23.3g
Fibre	2g	15.7g
Fat	5.9g	47.5g
of which saturated	1.3g	10.5g
Sodium	57mg	457mg

Allergens: Soya, Egg, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
10ml	20ml	Smoky Rub <i>(2,5ml [5ml] Ground Paprika, 2,5ml [5ml] Onion Powder & 5ml [10ml] NOMU Spanish Rub)</i>
120g	120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
100g	200g	Green Beans <i>rinse & halve</i>
1	1	Garlic Clove <i>peel & grate</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
1	1	Lemon <i>rinse, zest & cut ½ [1] into wedges</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
25g	50g	Sun-dried Tomatoes <i>roughly chop</i>
50ml	100ml	Hellmann's Tangy Mayonnaise

From Your Kitchen

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

1. SMOKY CHICKEN & CARROTS Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the smoky rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the chicken has reached its halfway mark, spread the carrots on a separate roasting tray. Coat in oil and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway).

2. GARLICKY GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 5-6 minutes (shifting constantly). In the final minute, add the garlic and the chilli. Remove from the heat. Add a squeeze of lemon juice (to taste), ½ the parsley, and seasoning.

3. SUN-DRIED TOMATO SALAD In a bowl, combine the salad leaves, the sun-dried tomatoes, the roasted carrots, a drizzle of olive oil, and seasoning. To a separate bowl, add the lemon zest, a squeeze of lemon juice (to taste), the mayo, and water in 5ml increments until drizzling consistency.

4. COME GET SOME DIN-DIN! Plate up the smoky chicken, the garlicky green beans, and the sun-dried tomato salad. Drizzle over the zesty mayo and garnish with the remaining parsley. Enjoy, Chef!