



U C O O K

— COOKING MADE EASY

Prego Chicken Roast

with roast butternut, crispy chickpeas & an Italian salad

Fire things up with this hearty chicken roast! It's got the tangy zing of tender chicken pieces in a marinade of prego spice, yoghurt, and lemon; the warm comfort of roast butternut and chickpeas; and the freshness of a feta-filled salad.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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Ingredients & Prep

80ml	Plain Yoghurt
16,25ml	Prego Spice Mix <i>(15ml NOMU Peri-Peri Rub & 1.25ml Smoked Paprika)</i>
10ml	Lemon Juice
2	Free-Range Chicken Pieces
120g	Chickpeas <i>drained & rinsed</i>
200g	Butternut Chunks <i>cut into bite-size pieces</i>
15g	Pumpkin & Sunflower Seed Mix
120g	Baby Tomato Medley <i>rinsed & halved</i>
40g	Salad Leaves <i>rinsed & roughly shredded</i>
25g	Danish-Style Feta <i>drained</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>

From Your Kitchen

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

1. PREGO CHICKEN MARINADE Preheat the oven to 200°C. In a mixing bowl, combine the yoghurt with a drizzle of olive oil and the Prego spice to taste. Mix in some seasoning and the lemon juice to taste. Pat the chicken pieces dry with paper towel and add to the bowl of marinade. Toss until coated and set aside to marinate for 10 minutes.

2. GET YOUR ROAST READY Place the drained chickpeas and butternut pieces on a roasting tray. Coat in oil, season, and spread out in a single layer. When the chicken pieces have finished marinating, nestle them amongst the veg on the tray. Reserve the remaining marinade in the bowl. Pop the roast in the hot oven for 35-40 minutes until cooked through and crispy. At the halfway mark, give the veggies a shift and baste the chicken with the reserved marinade.

3. TOAST THE SEEDS Place the seed mix in a pan over a medium heat. Toast for 2-4 minutes, shifting occasionally, until the sunflower seeds are lightly browned and the pumpkin seeds begin to pop. Remove from the pan on completion and set aside to cool.

4. A SALAD WITH CREAMINESS & CRUNCH Place the halved baby tomatoes in a salad bowl. Toss through a drizzle of olive oil and some seasoning, and set aside to marinate. Just before serving, add the rinsed salad leaves, the drained feta, and the toasted seeds to the bowl tomatoes. Toss to combine.

5. PREGO PLATE-UP! Dish up some toasty butternut and chickpeas. Top with the prego chicken pieces and pour over any juices from the tray to your taste preference. Garnish with the fresh, chopped chilli to taste and serve the vibrant salad on the side. Excellent work, Chef!



Chef's Tip

The longer you marinate the meat, the better! So, if time is on your side, complete the marinating step an hour or two before you plan to start cooking. You can even marinate it in the fridge overnight!

Nutritional Information

Per 100g

Energy	521kJ
Energy	125Kcal
Protein	9.2g
Carbs	8g
of which sugars	1.8g
Fibre	2.1g
Fat	5.6g
of which saturated	1.8g
Sodium	145mg

Allergens

Dairy, Allium

Cook
within 3
Days