



UCOOK

Cheeky Chicken & Sweet Potato Bake

with a fresh tomato salad & a toasted hazelnut garnish

A heartwarming dish for the soul that tastes like home! This wholesome and healthy roast chicken & fresh salad is the perfect meal to brighten up your week.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

♥ Health Nut

🍷 Niel Joubert | Blanc de Noir

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Ingredients & Prep

1	Free-range Chicken Piece
250g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
1	Red Onion <i>peeled & ¼ thinly sliced & ¾ wedged</i>
10ml	NOMU Provençal Rub
15g	Hazelnuts
1	Plum Tomato <i>cut into quarters</i>
1	Lemon <i>½ zested & cut into wedges</i>
15ml	Salad Dressing <i>(10ml Honey & 5ml Dijon Mustard)</i>
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. THE ROAST WITH THE MOST Preheat the oven to 200°C. Pat the chicken pieces dry with some paper towel. Spread out the sweet potato chunks, onion wedges and chicken pieces on a roasting tray. Coat the veg and chicken in oil, the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. LET'S GO NUTS! Place a nonstick pan over a medium-high heat. When hot, toast the hazelnuts for 3-5 minutes until golden. Remove from the pan, and roughly chop.

3. THE FRESH SALAD OF BEL AIR In a bowl, combine the sliced onion, the tomato quarters, the lemon zest (to taste) and seasoning. Just before serving, add the salad dressing, seasoning, a drizzle of olive oil, a squeeze of lemon juice, and the rinsed salad leaves. Toss until fully combined.

4. DIG IN! Plate up the roasted chicken, onion wedges, and sweet potato. Side with the fresh salad. Garnish with the toasted hazelnuts, and finish off with a squeeze of fresh lemon juice. Well done, Chef!

Nutritional Information

Per 100g

Energy	435kj
Energy	104Kcal
Protein	7.3g
Carbs	9g
of which sugars	4.9g
Fibre	1.6g
Fat	5g
of which saturated	1.1g
Sodium	125mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days