

# QCOOK

## Roast Chicken & Smashed Baby Potatoes

with sun-dried tomatoes & **NOMU One For All Rub**

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Malbec

### Nutritional Info

	Per 100g	Per Portion
Energy	455kj	3163kj
Energy	109kcal	756kcal
Protein	8.1g	56.5g
Carbs	9g	63g
of which sugars	2.7g	19.1g
Fibre	1.1g	7.8g
Fat	4.6g	31.8g
of which saturated	1.2g	8.2g
Sodium	77mg	533mg

**Allergens:** Sulphites, Allium

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
750g	1kg	Baby Potatoes <i>rinse</i>
6	8	Free-range Chicken Pieces
2	2	Onions <i>peel &amp; cut into wedges</i>
30ml	40ml	NOMU One For All Rub
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	80g	Sun-dried Tomatoes
30ml	40ml	Lemon Juice

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. PARBOIL** Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain and set aside.

**2. ROAST** Spread the chicken on a roasting tray. Pat the chicken dry with paper towel and scatter over the onions. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**3. SMASHED POTATOES** Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 35-40 minutes. Alternatively: Place the parboiled potatoes in the air fryer tray. Press with a fork, splitting the skin but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**4. JUST BEFORE SERVING** In a bowl, combine the salad leaves, the sun-dried tomatoes, the lemon juice (to taste), and seasoning.

**5. DINNER IS READY** Dish up the smashed potatoes, side with the roasted chicken and onions, and serve alongside the simple salad. Well done, Chef!

**Chef's Tip** To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.