



U C O O K

— COOKING MADE EASY

MARINATED CHICKEN ROAST

with broccoli, creamy feta & roast carrot wedges

Banish the mid-week, mid-winter blues! Steamy roast chicken in a thyme, garlic, and lemon marinade; nestled amongst caramelised roast carrot, onion, and chickpeas; littered with baby spinach and rocket.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Sylvia Muyambo



Health Nut

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Ingredients & Prep

20ml	Cabernet Sauvignon Vinegar
10ml	NOMU Italian Rub
2g	Fresh Thyme <i>rinsed & picked</i>
1	Garlic Clove <i>peeled & grated</i>
1	Lemon <i>half zested & wedged</i>
2	Free-Range Chicken Pieces
240g	Carrots <i>peeled (optional) & cut into long wedges</i>
60g	Chickpeas <i>drained & rinsed</i>
1	Red Onion <i>half peeled & thinly wedged</i>
200g	Broccoli Florets <i>cut into bite-size pieces</i>
40g	Feta
20g	Green Leaves

From Your Kitchen

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

1. MARINATE THE CHICKEN Preheat the oven to 200°C. Place the cab sauv vinegar, Italian Rub, rinsed thyme leaves, and grated garlic in a bowl. Mix in 2 tbsp of oil and the juice of 2 lemon wedges. Pat the chicken pieces dry with some paper towel and add to the bowl. Season to taste and toss until coated. Set aside to marinate for at least 10-15 minutes.

2. GET ROASTIN' Boil the kettle. Place the carrot wedges on a large roasting tray, coat in oil, and season. Nestle the marinated chicken amongst them and pour over any remaining marinade. Roast in the hot oven for 35-40 minutes until cooked through and starting to crisp. Place the drained chickpeas and red onion wedges in a bowl, coat in oil, and season. When the roast is at the halfway mark, give the carrots a shift and add the chickpeas and onion to the tray. Return to the oven for the remaining cooking time until the chickpeas are crispy.

3. STEAMED BROCCOLI Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the broccoli pieces in a colander over the pot. Allow to steam (uncovered) for 4-5 minutes until al dente. Alternatively, you can use a steamer if you have one. On completion, discard the water and place the cooked broccoli in the pot. Toss through some seasoning and lemon zest to taste. Cover with a lid and set aside to keep warm until serving.

4. FINISH UP When the roast is ready, remove from the oven and crumble over the drained feta. Toss the rinsed green leaves with some olive oil, seasoning, and lemon zest to taste.

5. RADIANT ROAST Plate some homely roast veggies next to the crispy roast chicken pieces and steamed broccoli. Serve the fresh, zesty salad on the side. Simple and satisfying!



Chef's Tip

If time is on your side, you can leave the chicken in the fridge to marinate for 2 hours before you roast it.

Nutritional Information

Per 100g

Energy	431kJ
Energy	103Kcal
Protein	7.7g
Carbs	8g
of which sugars	2.9g
Fibre	2.4g
Fat	4.5g
of which saturated	1.6g
Sodium	126mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days