



# UCOOK

## Quarter Chicken Country Roast

**with baby potatoes, rosemary, lemon & hard cheese**

A homey, comforting chicken roast for the feel of an evening in the countryside! Heaped with golden potatoes, crispy chickpeas, red onion, and blistered tomatoes, and topped with melted Italian-style hard cheese for extra comfort.

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 **Easy Peasy**

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## Ingredients & Prep

250g	Baby Potatoes <i>rinsed &amp; halved</i>
2g	Fresh Rosemary <i>rinsed</i>
1	Red Onion <i>one ½ peeled &amp; cut into wedges</i>
1	Garlic Clove
7,5ml	Smoked Paprika
1	Free-range Chicken Leg Quarter
60g	Chickpeas <i>drained &amp; rinsed</i>
100g	Baby Tomatoes <i>rinsed &amp; halved</i>
20g	Salad Leaves
25g	Italian-style Hard Cheese
3,75ml	Maple-Mustard Dressing <i>(2,5ml Maple Syrup &amp; 1,25ml Dijon Mustard)</i>
1	Lemon <i>one ½ zested &amp; cut into wedges</i>

## From Your Kitchen

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

**1. RAVISHING ROAST** Preheat the oven to 200°C. Spread out the halved baby potatoes, rinsed rosemary, onion wedges, and whole, unpeeled garlic clove on a roasting tray. Coat in oil, the smoked paprika to taste, and some seasoning. Pat the chicken dry with paper towel. Coat in oil, season, and nestle amongst the veg. Roast in the hot oven for 35-40 minutes.

**2. IN THE MEANTIME...** Place the drained chickpeas and ½ of the halved baby tomatoes on a separate roasting tray. Coat in oil and seasoning. Spread out in a single layer and set aside.

**3. YOU CAN RELAX UNTIL THE HALFWAY MARK!** When the roast is halfway, give it a shift and return to the oven. Pop in the tray of chickpeas and tomatoes, and cook for the remaining roasting time. On completion, the chickpeas should be crispy, the tomatoes blistered, and the chicken cooked through.

**4. COUNTRY GARDEN SALAD** Rinse the salad leaves. In a salad bowl, whisk together the maple-mustard dressing and a drizzle of oil. Grate ½ of the hard cheese and set aside. Peel the remainder into ribbons and add to the bowl, along with the salad leaves and remaining tomatoes. Toss together with the lemon zest and some seasoning, both to taste. Set aside for serving.

**5. CHEESY, LEMONY ROAST!** When the roast is ready, remove the trays from the oven. Remove the skin from the garlic and discard. Add the flesh to the tray of chickpeas and tomatoes, and toss to combine. Over both trays, squeeze the juice of 1 lemon wedge and sprinkle the grated hard cheese. Give a slight toss to distribute.

**6. SIT DOWN TO A DIVINE DINNER** Dish up the roast potato and onion next to the crispy chickpeas and soft tomatoes. Top with the golden chicken quarter and serve the zesty salad on the side. Round things off with another squeeze of lemon and any remaining zest to taste. Go on — tuck in, Chef!



## Chef's Tip

To make sure your roast does get crispy, don't overcrowd the tray! Spread it out with a little space between each piece.

## Nutritional Information

Per 100g

Energy	488kJ
Energy	117Kcal
Protein	8.5g
Carbs	9g
of which sugars	2g
Fibre	1.8g
Fat	4.7g
of which saturated	1.4g
Sodium	55mg

## Allergens

Egg, Dairy, Allium, Sulphites

Cook  
within 2  
Days