



UCOOK

Rosemary & Orange Chicken

with baby marrow & leek rice

Coated in a sticky orange & cranberry sauce, golden chicken pieces rest next to charred baby marrow and leek-laced brown rice. Finished with a sprinkling of toasted walnuts. Your new favourite & festive dinner, Chef!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Delheim Wines | Delheim Gewürztraminer

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

6	Free-range Chicken Pieces
300g	Leeks <i>trimmed at the base, rinsed well & roughly sliced</i>
225ml	Brown Basmati Rice <i>rinsed</i>
30g	Walnuts <i>roughly chopped</i>
16g	Mixed Herbs <i>(8g Fresh Rosemary & 8g Fresh Thyme)</i>
225ml	Cranberry Vinegar <i>(60ml Balsamic Reduction, 120ml Cranberry Juice & 75ml Orange Juice)</i>
60g	Dried Cranberries <i>roughly chopped</i>
3	Garlic Cloves <i>peeled & grated</i>
300g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Place the chicken pieces in a baking dish. Pat dry with paper towel. Coat in oil and seasoning. Roast until cooked through and becoming crispy, 35-40 minutes (shifting halfway).

2. NICE RICE! While the chicken is roasting, place a pot over medium-high heat with a drizzle of oil. When hot, fry the sliced leeks until browned, 4-5 minutes (shifting occasionally). Add the rinsed rice to the pot and submerge in 700ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary), season, and cover.

3. WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 3-5 minutes.

4. STICKY SAUCE Rinse, pick, and finely chop the mixed herbs. In a bowl, combine the cranberry vinegar, the chopped mixed herbs (to taste), the chopped dried cranberries, the grated garlic, and seasoning. When the chicken has 15 minutes remaining, pour over the sticky cranberry sauce and roast for the remaining time.

5. BABY MARROW Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes. Remove from the pan and season.

6. MERRY MOMENTS Make a bed of the rice and top with the sticky chicken. Pour over any remaining sauce. Side with the charred baby marrow. Sprinkle over the toasted nuts. Great work, Chef!



Chef's Tip

Air fryer method: Coat the chicken pieces in oil and seasoning. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	687kJ
Energy	180kcal
Protein	10.1g
Carbs	19g
of which sugars	6.6g
Fibre	2.3g
Fat	6g
of which saturated	1.4g
Sodium	25mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days