



UCOOK

Harissa Chicken Tray-bake

**with fresh oregano, NOMU Moroccan rub
& baby tomatoes**

This tasty tray-bake gives a new definition to keeping it simple yet satisfying. Roasted baby potatoes, wedges of red onion, and briny pops of olives accompany Moroccan-flavoured and yoghurt marinated chicken. Sided with a simple salad and finished with a scattering of peppery oregano.


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Thea Richter

 Quick & Easy

 Creation Wines | Creation
Viognier/Roussanne

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

Ingredients & Prep

400g	Baby Potatoes <i>cut in half</i>
1	Red Onion <i>peeled & cut into wedges</i>
20ml	NOMU Moroccan Rub
2	Free-range Chicken Breasts <i>skin removed, patted dry & cut into strips</i>
60ml	Pesto Princess Harissa Paste
125ml	Low Fat Plain Yoghurt
40g	Pitted Green Olives
1	Lemon
40g	Salad Leaves
8g	Fresh Oregano
160g	Baby Tomatoes
30ml	Balsamic Vinegar

From Your Kitchen

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

1. TURN UP THE HEAT Preheat the oven to 220°C. Spread out the halved baby potatoes and onion wedges on a roasting tray in a single layer. Coat in oil, the rub, and seasoning. Roast in the hot oven for 20-25 minutes, shifting halfway.

2. MARINATION STATION Pat the chicken strips dry with paper towel. In a bowl, combine the harissa, ½ the yoghurt, and seasoning. Add the chicken and toss until fully coated. Set aside to marinate. Rinse and halve the olives.

3. O I LIVE FOR OLIVES When the roast has 10-15 minutes remaining, give the tray a shift. Add the marinated chicken (along with any remaining marinade) and the halved olives to the tray. Roast for the remaining time until cooked through.

4. ADD THE FRESHNESS Cut the lemon into wedges. Rinse the salad leaves and the oregano. Roughly shred the salad leaves and roughly chop the oregano. Halve the baby tomatoes.

5. YOU'RE ALMOST DONE In a salad bowl, combine the shredded salad leaves, the halved baby tomatoes, the vinegar (to taste), a drizzle of olive oil, and seasoning. Set aside. In a small bowl, combine the remaining yoghurt, the juice of 2 lemon wedges, and seasoning.

6. WINNER WINNER CHICKEN DINNER Plate up the tray-bake and dollop over the lemony yoghurt. Side with the fresh salad and sprinkle over the chopped oregano. Serve with a lemon wedge. Dive in, Chef!

Nutritional Information

Per 100g

Energy	418kJ
Energy	100kcal
Protein	6g
Carbs	9g
of which sugars	2.6g
Fibre	1.6g
Fat	4.2g
of which saturated	1g
Sodium	202mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days