



UCOOK

Harissa Chicken & Butternut Mash

with tahini butternut mash & a fresh salad


Harissa is a traditional Tunisian paste made from aromatics, chilli & roasted pepper. It really takes this chicken dish up a level, and paired with a tahini-infused butternut mash it's a wonderful weeknight dinner!


Hands-On Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Chenin Blanc

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Ingredients & Prep

1	Free-range Chicken Leg Quarter
1	Lemon <i>½ zested & cut into wedges</i>
10ml	Ground Cumin
20ml	Pesto Princess Harissa Paste
250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
10g	Pumpkin Seeds
10ml	Tahini
5g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
40g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. GET ROASTIN' Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel. Place the chicken on one side of a roasting tray. Coat in oil, a squeeze of lemon juice, the ground cumin, some seasoning and the harissa paste. Place the butternut chunks on the other side of the tray. Coat in oil and some seasoning. Roast in the hot oven for 25-30 minutes until cooked through and becoming crispy, shifting halfway.

2. POPPIN' SEEDS Place a pan over a medium heat. Once hot, toast the pumpkin seeds for 3-5 minutes until golden brown, shifting occasionally.

3. ALL TOGETHER NOW Once the butternut is cooked, remove from the oven and place in a bowl along with any tray juices. Add in the tahini, a squeeze of lemon juice, $\frac{3}{4}$ of the chopped coriander, a splash of water or milk and some seasoning. Mash with a fork or potato masher until desired consistency.

4. FRESH SALAD Just before serving, toss the rinsed green leaves, radish rounds, a squeeze of lemon juice, a drizzle of oil and some seasoning in a salad bowl.

5. PLATE IT UP! Plate up the crispy chicken pieces alongside the butternut mash and the fresh salad. Sprinkle over the remaining coriander and the lemon zest. Garnish with crumbled feta and toasted pumpkin seeds. Nice one, Chef!

Nutritional Information

Per 100g

Energy	609kJ
Energy	145Kcal
Protein	10.1g
Carbs	7g
of which sugars	1.9g
Fibre	2g
Fat	8.3g
of which saturated	2.6g
Sodium	137mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within 3
Days