



# UCOOK

## Chicken & Roast Veg

with almonds & Danish-style feta

A hearty chicken roast dinner that's easy to make and even easier to eat. Chunks of roasted beetroot, onion and butternut sit next to crispy chicken pieces. Sided with a minty salad containing pops of fresh peas and creamy feta.

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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Carb Conscious

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Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

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## Ingredients & Prep

|      |  |
|------|--|
| 500g | Butternut Chunks<br><i>cut into bite-sized pieces</i>                                |
| 400g | Beetroot<br><i>rinse, trim, peel (optional)<br/>&amp; cut into bite-sized pieces</i> |
| 1    | Onion<br><i>peel &amp; cut into wedges</i>   |
| 4    | Free-range Chicken Pieces  |
| 20ml | NOMU Poultry Rub   |
| 40g  | Almonds<br><i>roughly chop</i>   |
| 100g | Peas   |
| 40g  | Green Leaves<br><i>rinse</i>   |
| 5g   | Fresh Mint<br><i>rinse, pick &amp; roughly chop</i>                                  |
| 60g  | Danish-style Feta<br><i>drain &amp; crumble</i>                                      |

## From Your Kitchen

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

**1. LIVING ON THE VEG** Preheat the oven to 200°C. Boil the kettle. Spread the butternut pieces, the beetroot pieces, and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. IN GOES THE CHICKEN** Pat dry the chicken pieces with paper towel. Place on a separate roasting tray, coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**3. NUTTY** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CAN I HAVE SOME MORE, PEAS?** Submerge the peas in boiling water until plump, 2-3 minutes. Drain and toss with the rinsed leaves, the chopped mint, a drizzle of olive oil, and  $\frac{3}{4}$  of the crumbled feta. Season and set aside.

**5. WINNER DINNER!** Plate up the crispy chicken pieces and side with the roasted veg. Pile up the mint & pea salad on the side and scatter over any remaining feta. Garnish it all with the toasted almonds, and there you have it!



## Chef's Tip

Air fryer method: Coat the butternut pieces, beetroot chunks & onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 446kJ   |
| Energy             | 107kcal |
| Protein            | 7.2g    |
| Carbs              | 7g      |
| of which sugars    | 2.2g    |
| Fibre              | 2g      |
| Fat                | 5g      |
| of which saturated | 1.4g    |
| Sodium             | 103mg   |

## Allergens

Allium, Tree Nuts, Cow's Milk

Eat  
Within  
3 Days