

UCCOOK

Garlic Chicken & Roast Baby Potatoes

with a mushroom salad

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	460kj	1791kj
Energy	110kcal	428kcal
Protein	11.2g	43.4g
Carbs	12g	48g
of which sugars	2g	7g
Fibre	2g	6g
Fat	1.7g	6.5g
of which saturated	0.3g	1.3g
Sodium	191mg	741mg

Allergens: Sulphites, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Baby Potatoes <i>rinse & cut in half</i>
15ml	20ml	NOMU Roast Rub
375g	500g	Button Mushrooms <i>wipe clean & cut in half</i>
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	Spice Blend <i>(7,5ml [10ml] NOMU Cajun Rub & 7,5ml [10ml] Garlic Powder)</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
60ml	80ml	Vinaigrette <i>(45ml [60ml] Vinegar & 15ml [20ml] Mustard)</i>
90ml	120ml	Carb Smart 1000 Islands Dressing

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST POTATOES Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Lightly coat with cooking spray or oil (optional), NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. GOLDEN MUSHIES Place a pan over medium-high heat. Lightly spray the mushrooms with cooking spray or oil (optional). When hot, fry the mushrooms until golden, 8-9 minutes (shifting occasionally). Remove from the pan and season.

3. COOK THE CHICKEN Return the pan to medium heat. Pat the chicken dry with paper towel and lightly coat with cooking spray or drizzle with oil (optional) and the spice blend. Fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

4. JUST BEFORE SERVING In a salad bowl, combine the salad leaves, cucumber, mushrooms, vinaigrette and seasoning.

5. TIME TO DINE Plate up the roasted potatoes, top with the chicken, and drizzle over the dressing. Serve alongside the mushroom salad and cheers, Chef!