



# U C O O K

— COOKING MADE EASY

## FESTIVE ROAST CHICKEN

**with caramelised carrots, fresh orange & crispy bacon**

Embrace the spirit of Spring with a cheerful chicken roast! With maple-glazed roast carrots, red cabbage braised in fresh orange juice, sautéed green beans, crunchy bacon pieces, and sprinklings of crispy onions.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Lauraine Garudzo

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 **Easy Peasy**

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## Ingredients & Prep

2	Free-Range Chicken Pieces
10ml	NOMU Poultry Rub
240g	Carrot <i>trimmed &amp; cut lengthways into long wedges</i>
5g	Pumpkin Seeds
150g	Green Beans <i>trimmed &amp; halved</i>
10ml	Maple Syrup
2 strips	Streaky Bacon <i>cut into bite-size pieces</i>
100g	Shredded Red Cabbage
1	Orange <i>one half juiced</i>
3g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
10ml	Crispy Onions

## From Your Kitchen

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

**1. ROAST THE CHICKEN & CARROT** Preheat the oven to 200°C. Place the chicken pieces on a roasting tray and pat dry with some paper towel. Coat in oil and the Poultry Rub. Scatter the carrot wedges around the chicken in an even layer, coat in oil, and season. Roast in the hot oven for 30-35 minutes until the chicken is cooked through and carrots are becoming crispy, shifting halfway.

**2. POPPIN' PUMPKIN SEEDS** Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

**3. BLANCHE THE BEANS** When the roast is at the halfway mark, return the pan to a medium-high heat. Add a drizzle of oil, a small splash of water to cover the base, and a pinch of salt. When hot, cook the halved green beans for 3-4 minutes until al dente, shifting occasionally. Remove from the pan and set aside in a bowl.

**4. CARAMELISED CARROTS** Remove the roasting tray from the oven, drizzle the maple syrup over the carrot wedges, and return to the oven for the remaining roasting time.

**5. CRISPY BACON & BRAISED CABBAGE** Wipe down the pan and return it to a medium heat with another drizzle of oil. When hot, fry the bacon pieces for 3-4 minutes until crispy, shifting occasionally. Add the shredded red cabbage and mix in the orange juice to your taste preference. Sauté for 2-3 minutes until the cabbage is slightly wilted but still crunchy. In the final minute, return the green beans to the pan and sauté until reheated. Season to taste and remove from the heat on completion.

**6. SCRUMPTIOUS!** Plate up the golden chicken pieces and sticky carrots next to a helping of bacon, green beans, and cabbage. Garnish with the fresh, chopped parsley, the toasted pumpkin seeds, and the crispy onions. Time to feast, Chef!

## Nutritional Information

Per 100g

Energy	528kj
Energy	126Kcal
Protein	8.2g
Carbs	8g
of which sugars	4.9g
Fibre	2.1g
Fat	6.8g
of which saturated	2.1g
Sodium	179mg

## Allergens

Gluten, Allium, Wheat

Cook  
within 3  
Days