



# UCOOK

## Scarpariello-style Roast Chicken

**with butternut mash, sun-dried tomatoes & red onion**

Get ready to welcome an Italian restaurant classic into your kitchen. Our version of this dish features chicken pieces and sun-dried tomatoes cooked together until juicy, and a simple, sweet & smooth butternut mash to accompany it! Buon appetito!

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**Hands-on Time:** 15 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Ella Nasser

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 Carb Conscious

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 Paserene | The Shiner White Blend

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## Ingredients & Prep

5ml	Chicken Stock
1	Red Onion <i>½ peeled &amp; cut into wedges</i>
10ml	NOMU Provençal Rub
1	Lemon <i>½ zested &amp; cut into wedges</i>
1	Garlic Clove <i>peeled &amp; grated</i>
2	Free-range Chicken Pieces
40g	Sun-dried Tomatoes <i>roughly chopped</i>
250g	Butternut <i>de-seeded, peeled &amp; cut into bite-sized pieces</i>
20g	Green Leaves <i>rinsed</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. READY THE ROAST** Preheat the oven to 200°C. Boil the kettle. In a roasting tray, combine 50ml of boiling water, the stock, the onion wedges, the NOMU rub, the juice of 1 lemon wedge, the grated garlic, and seasoning. Place the chicken in a bowl. Pat dry with paper towel, coat in oil, and season. Add to the tray with the onion wedges and roast in the hot oven until cooked through and becoming crispy, 35-40 minutes. In the final 10-15 minutes, add the chopped tomatoes to the tray.

**2. BUTTERNUT MASH** Place the butternut pieces in a pot of salted water over medium-high heat. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

**3. DRESSED LEAVES** In a bowl, combine the rinsed leaves with the lemon zest (to taste), a drizzle of olive oil, and seasoning.

**4. ITALIAN-INSPIRED FEAST!** Plate up the vibrant butternut mash and slather with the Scarpariello chicken. Serve the dressed leaves on the side, sprinkle over the chopped parsley, and serve with a lemon wedge. There you have it!

## Nutritional Information

Per 100g

Energy	475kj
Energy	113kcal
Protein	8.3g
Carbs	8g
of which sugars	3.3g
Fibre	1.9g
Fat	5.2g
of which saturated	1.3g
Sodium	164mg

## Allergens

Allium, Sulphites

Cook  
within 3  
Days