



UCOOK

Charred Miso Chicken Traybake

with black rice, aubergine & a soy-sesame dressing

This miso-basted crispy chicken traybake is on another level of yum! With its crunchy charred green beans, soft onion, roasted aubergine, spicy chilli, and sprinkles of crunchy sesame seeds, it is unmatched! It is served with red rice and drizzled with a delectable soy sauce, sesame oil and lime dressing.

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Thea Richter

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Ingredients & Prep

30ml	Miso Paste
20ml	NOMU Oriental Rub
10ml	White Sesame Seeds
1	Fresh Chilli <i>deseeded & roughly chopped</i>
4	Free-range Chicken Drumsticks
500g	Aubergine <i>rinsed, trimmed & cut into wedges</i>
1	Onion <i>peeled & cut into thin wedges</i>
160g	Green Beans <i>rinsed, trimmed & halved</i>
200ml	Black Rice
40ml	Soy-sesame Dressing <i>(20ml Low Sodium Soy Sauce & 20ml Sesame Oil)</i>
30ml	Lime Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. MISO CHICKEN & VEGGIES Preheat the oven to 200°C. In a large bowl, combine the miso paste, Oriental rub, ½ of the sesame seeds, chopped chilli (to taste), a good drizzle of oil and a pinch of salt. Add in the chicken drumsticks, aubergine wedges, onion wedges, halved green beans and more oil, if required. Gently massage the miso mixture onto the chicken and the veggies until coated. Evenly spread out in a roasting tray, making sure to use all the miso dressing. Place in the hot oven and roast for 30-35 minutes until the chicken and veg are fully cooked and starting to char.

2. RICE, RICE BABY! Rinse the rice and place in a pot with 600ml of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid.

3. TOASTY SEEDS Place the remaining sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. ZINGY SOY DRESSING In a small bowl, place the soy-sesame dressing, 15ml of a sweetener of choice, and the lime juice (to taste). Mix until fully combined.

5. "TRAY" DELISH! Plate up some bouncy rice and side with the sticky, miso chicken and veg. Drizzle over the zingy soy-sesame dressing to taste and sprinkle over the toasted sesame seeds. Get stuck in, Chef!

Nutritional Information

Per 100g

Energy	796kJ
Energy	190kcal
Protein	11.1g
Carbs	20g
of which sugars	1.6g
Fibre	2.7g
Fat	7.2g
of which saturated	2.3g
Sodium	326mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within 3
Days