



UCCOOK

Succulent Roast Chicken & Buttery Mash

with a fresh beetroot, sour cream and
chive salad

Juicy roast chicken cooked to perfection with stock, garlic and white wine. Served with creamy mash and a tangy salad of beetroot, sour cream and fresh chives.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Easy Peasy

 Robertson Winery | Chardonnay

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Ingredients & Prep

10ml	Chicken Stock
1	Free-range Chicken Leg Quarter
10ml	NOMU One For All Rub
1	Garlic Clove <i>peeled & grated</i>
50ml	White Wine
250g	Potato Chunks
50ml	Sour Cream
100g	Beetroot Chunks <i>roughly diced into small pieces</i>
2g	Fresh Chives <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. ROAST WITH THE MOST Preheat the oven to 200°C. Boil the kettle. Dilute the stock with 50ml of boiling water. Pat the chicken dry with some paper towel. Place the chicken in a deep roasting tray, coat in the rub, the grated garlic, a drizzle of oil, and seasoning. Pour over the diluted stock, and the white wine, and pop in the hot oven. Roast for 30-35 until cooked through and crisping up.

2. MASH UP Place a pot of cold salted water over a high heat. Add the potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water and a knob of butter. Season to taste.

3. A PRETTY RED SALAD In a salad bowl, add the sour cream, the small beetroot pieces, ½ the chives, and seasoning. Toss until fully combined.

4. TUCK IN! Plate up the buttery mash. Side with the roasted chicken and drizzle over the tray juices (to taste). Serve alongside the creamy beetroot salad and garnish with the remaining chives.



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear. If you'd prefer your beetroot cooked, place in a pot of salted water. Cook for 7-10 minutes until soft when pierced. Drain on completion.

Nutritional Information

Per 100g

Energy	527kJ
Energy	126Kcal
Protein	9g
Carbs	8g
of which sugars	1.2g
Fibre	1.4g
Fat	5.9g
of which saturated	1.9g
Sodium	262mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within 2
Days