

COOK

One-tray Greek Chicken Bake

with Danish-style feta

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	469kJ	3759kJ
Energy	112kcal	899kcal
Protein	7.7g	61.4g
Carbs	8g	68g
of which sugars	2.1g	17.1g
Fibre	1.2g	9.9g
Fat	4.9g	39.1g
of which saturated	1.5g	11.6g
Sodium	193mg	1543mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
1	1	Onion *peel & cut ½ [1] into wedges*
250g	500g	Baby Potatoes *rinse & halve*
10ml	20ml	NOMU Poultry Rub
5ml	10ml	Chicken Stock
10ml	20ml	Lemon Juice
7,5ml	15ml	Dijon Mustard
1	2	Garlic Clove/s *peel & grate*
80g	160g	Baby Tomatoes *rinse & halve*
20g	40g	Pitted Kalamata Olives *drain & halve*
20g	40g	Danish-style Feta *drain*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST MOMENT Preheat the oven to 220°C. Boil the kettle. Pat the chicken dry with paper towel. Place on a roasting tray with the onion and the baby potatoes. Coat in oil, the NOMU rub, and seasoning. Dilute the stock with 75ml [150ml] of boiling water and pour over the tray. Roast until cooked through, 30-35 minutes.

2. PREP STEP In a bowl, combine the lemon juice (to taste), the mustard, and the garlic.

3. SOME ADD-ONS When the roast has 10-15 minutes remaining, give the tray a shift. Add the baby tomatoes and the olives. Drizzle over the mustard mixture. Return to the oven for the remaining time until cooked through.

4. ONE-TRAY DINNER Plate up the roast and crumble over the feta. Well done, Chef!