



UCOOK

Roast Spring Chicken

with caramelised carrots, fresh orange & crunchy bacon

Embrace the spirit of spring with a cheerful chicken roast! With honey-glazed roast carrots, red cabbage braised in fresh orange juice, peas, crunchy bacon pieces, and sprinklings of crispy onions and pumpkin seeds.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauraine Garudzo

 Easy Peasy

 Cavalli Estate | White Knight

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Ingredients & Prep

2	Free-range Chicken Pieces
10ml	NOMU Poultry Rub
360g	Carrot <i>trimmed & cut lengthways into wedges</i>
10g	Pumpkin Seeds
15ml	Honey
2 strips	Streaky Pork Bacon <i>cut into bite-sized pieces</i>
100g	Shredded Cabbage
1	Orange <i>juiced</i>
75g	Peas
3g	Fresh Chives <i>rinsed & roughly chopped</i>
15ml	Crispy Onions

From Your Kitchen

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

1. ROAST MOMENT Preheat the oven to 200°C. Place the chicken pieces on a roasting tray and pat dry with paper towel. Coat in oil, the Poultry Rub and seasoning. Place the carrot wedges on a separate roasting tray, coat in oil, and season. Pop both trays in the hot oven and roast for 30-35 minutes until the chicken is cooked through and the skin crispy, and the carrots are becoming caramelised, 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. CARMELISED CARROTS When the carrots have 10-15 minutes remaining, remove the carrot wedges from the oven, drizzle over the honey, and return to the oven for the remaining roasting time.

4. CRISPY & BRAISING Wipe down the pan and return it to a medium heat. When hot, fry the bacon pieces for 3-4 minutes until crispy, shifting occasionally. Add the shredded cabbage and mix in the orange juice to your taste preference. Sauté for 3-4 minutes until the cabbage is slightly wilted but still crunchy. In the final 1-2 minutes, add the peas to the pan and sauté until heated. Season to taste and remove from the heat on completion.

5. SCRUMPTIOUS Plate up the golden chicken pieces and caramelised carrots next to a helping of bacon, peas and cabbage. Garnish with the fresh, chopped chives, the toasted pumpkin seeds, and the crispy onions. Time to feast, Chef!

Nutritional Information

Per 100g

Energy	467kJ
Energy	112Kcal
Protein	6g
Carbs	11g
of which sugars	6.4g
Fibre	2.6g
Fat	4.9g
of which saturated	1.5g
Sodium	144mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 2
Days