



# UCOOK

## Thyme-roasted Chicken & Veg

with lemon juice, roasted beetroot & a parsley yoghurt

They are flavourful, make beautiful garnishes & packed full of nutrients. That's right, we're talking about fresh herbs. In this recipe, we use two of the most popular ones (parsley & thyme) to turn a delicious roast veggie & chicken dinner to an absolute winner. Drizzled with a lemon-parsley yoghurt.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Thea Richter

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 Carb Conscious

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 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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## Ingredients & Prep

600g	Beetroot <i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
6	Free-range Chicken Pieces <i>pat dry</i>
8g	Fresh Thyme <i>rinsed, picked &amp; finely chopped</i>
30ml	NOMU Poultry Rub
450g	Broccoli Florets
12g	Fresh Parsley
30g	Sunflower Seeds
90ml	Low Fat Plain Yoghurt
30ml	Lemon Juice

## From Your Kitchen

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

**1. THE ROAST WITH THE MOST** Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Top with the chicken pieces. Coat the beetroot & chicken in the chopped thyme, the NOMU rub, a drizzle of oil, and seasoning. Roast in the hot oven until cooked through and crispy, 35-40 minutes.

**2. BROCC THAT ROC** Cut the broccoli into bite-sized pieces. In a bowl, toss the broccoli pieces in a drizzle of oil and seasoning. Set aside. Rinse and roughly chop the parsley.

**3. GET 'EM GOLDEN** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. A ROAST VEG MEDLEY** When the roast is halfway, give the tray a shift and scatter over the dressed broccoli. Roast for the remaining time.

**5. YUMMY YOGHURT** In a bowl, combine the yoghurt, the lemon juice, ½ the chopped parsley, and seasoning. Loosen with water in 5ml increments until drizzling consistency.

**6. AN IMPRESSIVE PLATE** Plate up the roast veg & chicken. Drizzle over the lemon-parsley yoghurt. Garnish with the remaining parsley and scatter over the toasted seeds. Dive in, Chef!

## Nutritional Information

Per 100g

Energy	448kj
Energy	107kcal
Protein	9.5g
Carbs	5g
of which sugars	1.3g
Fibre	1.9g
Fat	5.4g
of which saturated	1.3g
Sodium	106mg

## Allergens

Dairy, Allium

Cook  
within 2  
Days