



UCOOK

Honey-Mustard Baked Chicken

with smashed baby potatoes & a crisp apple slaw

Sticky honey-mustard chicken sided with cheesy smashed potatoes. Served with a crisp apple and cabbage salad, and sprinkled with chopped fresh dill. Divine!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Fan Faves

 Strandveld | First Sighting Sauvignon Blanc

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Ingredients & Prep

6	Free-range Chicken Pieces
30ml	NOMU Roast Rub
750g	Baby Potatoes <i>rinsed</i>
2	Apples <i>rinsed</i>
300g	Cabbage <i>thinly sliced</i>
8g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
45ml	White Wine Vinegar
150ml	Sweet-Mustard <i>(90ml Wholegrain Mustard & 60ml Honey)</i>
75g	Italian-style Hard Cheese <i>grated</i>

From Your Kitchen

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

1. CHEEKY CHICKY Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel. Place the chicken on a roasting tray, coat in oil, ½ of the roast rub, and some seasoning. Place the rinsed baby potatoes on a separate roasting tray and coat in oil, the remaining roast rub, and seasoning. Roast both trays in the hot oven for 35-40 minutes until cooked through and becoming crispy.

2. FRESH & TANGY Slice 1½ of the rinsed apples, setting one half aside, into thin wedges and place in a salad bowl. Add the sliced cabbage and ¾ of the chopped dill. Pour over the white wine vinegar, a drizzle of oil and some seasoning. Toss to combine.

3. HONEY-MUSTARD When the roast has 10-15 minutes remaining, coat the chicken with the sweet-mustard. Pop back in the oven and roast for the remaining time.

4. CHEESY 'TATOES Remove the trays from the oven and turn the oven on to the highest temperature or the grill setting. Keeping the potatoes on the tray, smash them gently with a fork. Sprinkle over the grated cheese and return to the oven for 4-5 minutes, until melted and crisping up.

5. WHAT A CLASSIC Pile up the cheesy smashed potatoes and side with the apple slaw. Place the sticky chicken alongside and drizzle with any remaining sweet mustard tray juices. Garnish with the remaining chopped dill and eat up!

Nutritional Information

Per 100g

Energy	519kJ
Energy	124kcal
Protein	7.9g
Carbs	12g
of which sugars	5.7g
Fibre	1.4g
Fat	4.9g
of which saturated	1.3g
Sodium	147mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days