



UCOOK

Wonderful One Tray Drumsticks

with baby potatoes & a green leaf salad


A one tray wonder! Chicken drumsticks, baby potatoes, onion wedges, and lemon slices are popped in the oven and left to bake! Roasted in a mustard sauce and sided with a fresh salad. An easy peasy dinner!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Easy Peasy

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

2	Free-range Chicken Drumsticks
1	Red Onion <i>½ peeled & cut into thin wedges</i>
1	Lemon <i>½ thinly sliced into rounds</i>
250g	Baby Potatoes <i>rinsed & halved</i>
50ml	White Wine
30ml	Fresh Cream
5ml	Wholegrain Mustard
1	Garlic Clove <i>peeled & grated</i>
2,5ml	Dried Tarragon
5ml	Cornflour
50g	Cucumber <i>peeled into ribbons</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. BOOM, ROASTED! Preheat the oven to 200°C. Pat the chicken drumsticks dry with some paper towel. Place on a deep roasting tray with the onion wedges, the lemon slices, and the halved baby potatoes. Pour in the white wine, coat in oil, and some seasoning. Pop in the oven and roast for 35-40 minutes.

2. MAGIC MUSTARD In a small bowl, add the cream, mustard, grated garlic, tarragon, cornflour, and 30ml of water. Season to taste and mix until fully combined.

3. COAT & ROAST When the roast has 10-15 minutes to go, remove the tray from the oven and pour over the mustard sauce. Toss until fully coated. Pop the tray back in the oven and roast for the remaining time. On completion, the veg and chicken should be cooked through and starting to crisp.

4. JUST BEFORE SERVING... Place the cucumber ribbons, rinsed green leaves, a drizzle of oil, and seasoning in a salad bowl. Toss until fully combined.

5. IT'S TIME TO DINE Plate up the roasted goodness. Side with the fresh green leaves and cucumber salad. Well done, Chef!

Nutritional Information

Per 100g

Energy	436kJ
Energy	104Kcal
Protein	4.6g
Carbs	10g
of which sugars	2.1g
Fibre	1.5g
Fat	4.2g
of which saturated	1.8g
Sodium	45mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within 3
Days