



UCOOK

Roast Chicken, Apple & Cabbage

with Dijon mustard sour cream

Few things go together as well as cabbage, apple, and mustard. So we've put them together in a special way for you, Chef! Baby potatoes, cabbage, and apple chunks are oven roasted until beautiful & golden. This veggie medley is sided with butter-basted chicken breast slices and a crunchy cucumber & apple salad. Finished with a mustard sour cream drizzle and garnished with fresh mint. Stunning!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Samantha du Toit

 *NEW Simple & Save

 Strandveld | First Sighting Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1kg	Baby Potato <i>rinsed & halved</i>
4	Free-range Chicken Breasts
20ml	NOMU Poultry Rub
400g	Cabbage <i>rinsed & cut into large chunks</i>
2	Apples <i>rinsed, peeled, cored, ½ cut into thick wedges & ½ thinly sliced</i>
200g	Cucumber <i>rinsed & cut into thin matchsticks</i>
80ml	Sour Cream
20ml	Dijon Mustard
10g	Fresh Mint <i>rinsed, picked & finely sliced</i>

From Your Kitchen

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

1. ROASTED 'TATOES Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. BUTTERY CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. In the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and rest for 5 minutes before slicing and seasoning.

3. CABBAGE & APPLES In a bowl, coat the cabbage chunks and thicker apple wedges in oil and seasoning. When the roast has 15-20 minutes remaining, scatter over the cabbage chunks and the apple wedges, and roast until turning golden.

4. CRUNCHY CUCUMBER SALAD In a salad bowl, toss together the cucumber matchsticks, the thin apple slices, a drizzle of olive oil, and seasoning. Set aside.

5. DIJON DRIZZLE In a small bowl, combine the sour cream and the mustard with water in 5ml increments until drizzling consistency. Season and set aside.

6. TIME TO DINE! Serve the roasted veg alongside the sliced chicken and drizzle with any pan juices. Side with the cucumber & apple salad. Finish it all off with the sliced mint and drizzles of the mustard sour cream. Well done, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 10 minutes, scatter over the dressed cabbage chunks and the thicker apple wedges.

Nutritional Information

Per 100g

Energy	318kJ
Energy	76kcal
Protein	6g
Carbs	10g
of which sugars	3.4g
Fibre	1.6g
Fat	1.3g
of which saturated	0.5g
Sodium	69mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days