

UCOOK

Charred Miso Chicken Tray-Bake

with red rice, aubergine & soy-sesame dressing

This miso-basted crispy chicken tray-bake is just something else! With it's crunchy charred green beans, onion, aubergines, chilli, and sprinkles of sesame seeds. Served on red rice and drizzled with soy-sesame and lemon dressing. Due to seasonality, we've had to sub the limes for lemons but don't fret there's no skimping on flavour!

Hands-On Time: 20 minutes

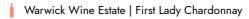
Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter



Health Nut



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Ingredients & Prep

15ml Miso Paste

2

250g

80g

75ml

1

10ml NOMU Oriental Rub

5ml White Sesame Seeds

Fresh Chilli deseeded & roughly chopped

Free-range Chicken Pieces

Aubergine rinsed, trimmed & cut into wedges

Onion
1/2 peeled & cut into thin wedges

wedges
Green Beans

rinsed, trimmed & halved

Red Rice

22,5ml Soy-Sesame Dressing

(7,5ml Low Sodium Soy Sauce, 7,5ml Sesame Oil & 7,5ml Honey)

Lemon
1/2 zested & cut into wedges

Oil (cooking, olive or coconut)

From Your Kitchen

Salt & Pepper Water 1. MISO CHICKEN & VEG Preheat the oven to 200°C. In a large bowl, mix together the miso paste, Oriental rub, ½ of the sesame seeds, chopped chilli (to taste), a good drizzle of oil and a pinch of salt. Mix until fully combined. Add in the chicken pieces, aubergine wedges, onion wedges, halved green beans and more oil, if required. Gently massage the miso mixture onto the chicken and the veggies until coated. Evenly lay in a roasting tray, making sure to use all the miso dressing. Place in the hot oven and roast for 25-30 minutes until the chicken and veg are

2. RICE, RICE BABY! Rinse the rice and place in a pot with 300ml of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid.

fully cooked and starting to char.

fully combined.

wedge. Get stuck in, Chef!

a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. ZINGY SOY DRESSING In a small bowl, place the soy-sesame dressing with the juice of 1 lemon wedge and some lemon zest. Mix until

3. TOASTY SEEDS Place the remaining sesame seeds in a pan over

5. AS SIMPLE AS THAT Plate up some bouncy rice and top with the sticky, miso chicken and veg. Drizzle over the lemon soy-sesame dressing to taste, sprinkle over the toasted sesame seeds and serve with a lemon



To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	490k
Energy	117Kca
Protein	5.9g
Carbs	14ç
of which sugars	49
Fibre	3.1g
Fat	4.1g
of which saturated	0.9g
Sodium	216mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook within 3 Days