



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

🍷 Warwick Wine Estate | First Lady Chardonnay

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

Ingredients & Prep

15ml	Miso Paste
10ml	NOMU Oriental Rub
5ml	White Sesame Seeds
1	Fresh Chilli <i>deseeded & roughly chopped</i>
2	Free-range Chicken Pieces
250g	Aubergine <i>rinsed, trimmed & cut into wedges</i>
1	Onion <i>½ peeled & cut into thin wedges</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
75ml	Red Rice
22,5ml	Soy-Sesame Dressing <i>(7,5ml Low Sodium Soy Sauce, 7,5ml Sesame Oil & 7,5ml Honey)</i>
1	Lemon <i>½ zested & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
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 fully cooked and starting to char.

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.

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

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 wedge. Get stuck in, Chef!



Chef's Tip

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	490kj
Energy	117Kcal
Protein	5.9g
Carbs	14g
of which sugars	4g
Fibre	3.1g
Fat	4.1g
of which saturated	0.9g
Sodium	216mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within 3
Days