



UCCOOK

Rosemary Potatoes & Chicken

with green beans & roast potatoes

If you had to 'roast' this recipe, Chef, there would be nothing bad to say! Golden baked potatoes are infused with the aromatic smell of rosemary, and served with charred green beans, a cranberry & seed salad dressed with balsamic vinegar, & a butter-basted chicken breast.


Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Jemimah Smith

Quick & Easy

 Painted Wolf Wines | The Pack Darius Carignan 2020

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Ingredients & Prep

600g	Potato Chunks
8g	Fresh Rosemary <i>rinse</i>
240g	Green Beans <i>rinse</i>
3	Free-range Chicken Breasts
30ml	NOMU Poultry Rub
60g	Salad Leaves <i>rinse & roughly shred</i>
75g	Cranberry & Seed Mix <i>(45g Dried Cranberries & 30g Pumpkin & Sunflower Seed Mix)</i>
30ml	Balsamic Vinegar
125ml	Crème Fraîche

From Your Kitchen

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

1. ROSEMARY POTATOES Coat the potato pieces in oil and season. Toss through the rinsed rosemary then air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHARRED GREEN BEANS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. NOMU-SPICED CHICKEN Return the pan to 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. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. CRANBERRY & SEED SALAD Place the shredded leaves into a salad bowl and toss with the cranberries & seed mix, the balsamic vinegar, a drizzle of olive oil and seasoning. Set aside.

5. IS DINNER ALREADY DONE?! Plate up the golden roast potatoes, discarding the rosemary sprigs. Serve the sliced chicken alongside the green beans and the dressed salad. Dollop over the crème fraîche and serve any remaining on the side for dunking.



Chef's Tip

To toast, place the seeds in a pan over medium heat until golden brown, 3-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	520kj
Energy	124kcal
Protein	8.5g
Carbs	11g
of which sugars	2.8g
Fibre	2.1g
Fat	4.6g
of which saturated	2.3g
Sodium	91mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days