



UCOOK

Lemon Pepper Chicken Bake

with butternut mash & roasted veg

Juicy chicken is rubbed with NOMU spices and paired with a colourful array of onions, cabbage, and peppers. The rustic butternut mash is made with a touch of thyme & roasted garlic, which adds a deliciously savoury depth to the dish. Finally, a sprinkle of toasted seeds gives this meal a delightful crunch. Time to say hello to your new fave tray bake!


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

2	Red Onions <i>1½ peeled & cut into thick wedges</i>
300g	Cabbage <i>cut into large chunks</i>
2	Red Bell Peppers <i>1½ rinsed, deseeded & cut into bite-sized pieces</i>
6	Free-range Chicken Pieces
15ml	NOMU Poultry Rub
2	Lemons <i>cut into thick rounds</i>
2	Garlic Cloves
750g	Butternut Chunks <i>cut into bite-sized pieces</i>
8g	Fresh Thyme <i>rinsed & picked</i>
30g	Pumpkin & Sunflower Seed Mix

From Your Kitchen

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

1. CHICKEN & VEG Preheat the oven to 220°C. Place the onion wedges, the cabbage chunks, and the pepper pieces on a roasting tray. Pat the chicken dry with paper towel and place on top of the veg in the tray. Coat the veg & chicken in oil, seasoning, and the NOMU rub. Place the lemon rounds around the tray. Roast in the hot oven until cooked through and becoming crispy, 35-40 minutes. In the final 10 minutes, add the whole, unpeeled garlic cloves to the tray and return to the oven for the remaining roasting time.

2. BUTTERY BUTTERNUT MASH Place the butternut pieces in a pot of salted water over a medium-high heat. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and ½ the picked thyme. Mash with a fork, season, and cover.

3. CAN YOU SEE(D) ME? Place the seeds in a pan over a medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FINISH THE MASH When the roast is done, squeeze out the flesh from the roasted garlic cloves and discard the skin. Roughly chop the flesh and mix through the mash.

5. DISH UP Plate up a generous helping of the mash and side with the roasted chicken. Serve the roasted veg and charred lemon alongside. Garnish with the remaining thyme. Scatter over the toasted seeds. Squeeze over some of the charred lemon and dive in!

Nutritional Information

Per 100g

Energy	367kJ
Energy	88kcal
Protein	6.7g
Carbs	6g
of which sugars	2.3g
Fibre	1.6g
Fat	3.7g
of which saturated	1g
Sodium	38mg

Allergens

Allium

Cook
within 3
Days