



# U C O O K

— COOKING MADE EASY

## TRAY-BAKED CHICKEN WONDER

**with cheesy roast broccoli, baby  
tomatoes & chickpeas**

Prep it, spice it, and chuck it in the oven!  
A roast of crispy chicken leg, blistered baby  
tomatoes, crunchy chickpeas, and charred  
broc – with melted hard cheese and a twist of  
lemon. All on a bed of herb-infused couscous.  
Effortless!

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**Hands-On Time:** 15 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Samantha Finnegan

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 **Easy Peasy**

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## Ingredients & Prep

1	Free-Range Chicken Leg Quarter
5ml	NOMU Roast Rub
60g	Chickpeas <i>drained &amp; rinsed</i>
150g	Broccoli Florets <i>cut into bite-size pieces</i>
100g	Baby Tomatoes <i>rinsed</i>
75ml	Whole Wheat Couscous
5ml	Vegetable Stock
3g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
10g	Pumpkin Seeds
1	Lemon <i>one half cut into wedges</i>
20g	Italian-Style Hard Cheese <i>grated</i>

## From Your Kitchen

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

**1. ALL TOGETHER NOW!** Preheat the oven to 200°C. Boil the kettle for step 2. Select a roasting tray large enough to cook the chicken leg and veg. Place the chicken on the tray and pat dry with some paper towel. Coat in oil, half of the Roast Rub, and seasoning. Roast in the hot oven for 30-35 minutes. At the halfway mark, scatter the drained chickpeas, broccoli pieces, and rinsed whole baby tomatoes around the chicken. Coat in oil, the remaining Roast Rub, and seasoning. Return the tray to the oven for the remaining roasting time. On completion, all ingredients should be cooked through and the chicken and chickpeas should be crispy.

**2. IT TASTES SO NICE, THEY NAMED IT TWICE!** Place the couscous and stock in a shallow bowl and submerge in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork and gently mix in three-quarters of the chopped parsley.

**3. CRUNCH TIME** Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

**4. CHEESE IT UP** When the roast has 10 minutes remaining, remove the tray from the oven. Squeeze over the juice of 1 lemon wedge and sprinkle over three-quarters of the grated hard cheese. Return to the oven for the remaining time until the cheese has melted.

**5. LOAD IT UP** Serve up some parsley couscous and pile on the warm, cheesy veggies. Top with the roast chicken leg and garnish with the remaining grated cheese and chopped parsley. Finish off with a sprinkle of toasted pumpkin seeds and serve with a lemon wedge on the side. Easy as that!



## Chef's Tip

Draining and rinsing tinned beans, lentils, or chickpeas before use drastically reduces the amount of sodium you're adding to your meal. It also reduces the complex sugar content (which humans can't digest!) and improves the flavour and texture of the food.

## Nutritional Information

Per 100g

Energy	623kJ
Energy	149Kcal
Protein	11.4g
Carbs	11g
of which sugars	1.5g
Fibre	2.6g
Fat	5.6g
of which saturated	1.6g
Sodium	187mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

**Cook  
within 3  
Days**