

UCOOK

One-tray Greek Chicken Bake

with Danish-style feta & fresh oregano

A one-tray dinner with no fuss! Chicken, onion, baby tomatoes & baby potatoes are roasted in a flavourful stock and finished off with a crumble of Danish-style feta and a sprinkle of fresh oregano.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Kate Gomba

Fan Faves

Strandveld | Adamastor White Blend

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Ingredients & Prep

4	Free-range Chicken Pieces
1	Onion <i>peel & cut into wedges</i>
400g	Baby Potatoes <i>rinse & halve</i>
20ml	NOMU Roast Rub
10ml	Chicken Stock
20ml	Lemon Juice
15ml	Dijon Mustard
2	Garlic Cloves <i>peel & grate</i>
160g	Baby Tomatoes <i>rinse & halve</i>
40g	Pitted Kalamata Olives <i>drain & halve</i>
5g	Fresh Oregano <i>rinse & pick</i>
40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. ROAST MOMENT Preheat the oven to 220°C. Boil the kettle. Pat the chicken pieces dry with paper towel. Place on a roasting tray with the onion wedges and the halved baby potatoes. Coat in oil, the NOMU rub, and seasoning. Dilute the stock with 150ml of boiling water and pour over the tray. Roast until cooked through, 25-30 minutes.

2. PREP STEP In a bowl, combine the lemon juice (to taste), the mustard, and the grated garlic.

3. SOME ADD-ONS When the roast has 10-15 minutes remaining, give the tray a shift. Add the halved baby tomatoes, the halved olives, and ½ the picked oregano. Drizzle over the mustard mixture. Return to the oven for the remaining time until cooked through.

4. ONE-TRAY DINNER Plate up the roast and crumble over the drained feta. Garnish with the remaining oregano. Well done, Chef!

Nutritional Information

Per 100g

Energy	475kj
Energy	114kcal
Protein	8g
Carbs	8g
of which sugars	2g
Fibre	1.2g
Fat	5.1g
of which saturated	1.5g
Sodium	223mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days