



# U C O O K

— COOKING MADE EASY

## CLASSIC CHICKEN ROAST

**with roast baby potatoes & creamy dill  
sauce**

The family favourite that never disappoints: a piping hot, one-tray roast! Finger-licking, crispy-skinned chicken leg quarter, carrots, baby potatoes, onion, and a warm crème fraîche and dill sauce.

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**Hands-On Time:** 20 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Lauren Todd

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 **Easy Peasy**

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## Ingredients & Prep

|       |   |
|-------|---|
| 12    | Baby Onions<br>peeled & halved lengthways                       |
| 1000g | Baby Potatoes<br>rinsed & halved                                |
| 480g  | Carrots<br>peeled (optional) & cut lengthways into short wedges |
| 40ml  | NOMU Roast Rub  |
| 4     | Free-Range Chicken Leg Quarter                                  |
| 60g   | Flaked Almonds  |
| 160g  | Peas  |
| 80g   | Green Leaves<br>rinsed  |
| 4     | Balsamic Vinegar Sachet   |
| 200ml | Crème Fraîche   |
| 20g   | Dill<br>rinsed  |

## From Your Kitchen

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

**1. BEFORE YOU GET GOING** Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

**2. THE ROAST** Preheat the oven to 200°C. Place the halved baby onions on one side of a roasting tray. Coat in oil, season, and arrange cut-side down. Place the carrot wedges and halved baby potatoes on the other side of the tray. Coat in oil and half of the Roast Rub. Pat the chicken dry with some paper towel and place on a separate roasting tray, skin-side up. Coat in oil and the remaining Roast Rub. Pop both trays in the hot oven for 35-40 minutes until cooked through and crispy. At the halfway mark, give the veggies a shift and turn the onions cut-side up.

**3. TOAST THE ALMONDS** Boil the kettle. Place the flaked almonds in a small pot over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pot on completion and set aside to cool.

**4. GARDEN SALAD** Submerge the peas in boiling water for 2-3 minutes until heated through. Drain on completion and toss with the rinsed green leaves and the balsamic vinegar and olive oil.

**5. WARM DILL SAUCE** When the roast has 5 minutes to go, return the pot to a low-medium heat. Add in the crème fraîche, three-quarters of the chopped dill, and 40ml of milk. Bring to a light simmer and heat through for 3-4 minutes, stirring constantly. On completion, season to taste and remove from the heat.

**6. ROASTIN' GLORY** Pile up some roast veggies alongside a crispy chicken quarter. Serve the green salad on the side and scatter with the toasted almonds. Drizzle the creamy dill sauce over the veggies and chicken and finish with a sprinkling of the remaining dill. Tuck in, Chef!



## Chef's Tip

Pop on the grill for the last 3-5 minutes of roasting to really get the chicken and veggies crispy. Watch carefully though, they can burn easily!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 571kJ   |
| Energy             | 137Kcal |
| Protein            | 7g      |
| Carbs              | 8g      |
| of which sugars    | 3g      |
| Fibre              | 2g      |
| Fat                | 7g      |
| of which saturated | 2g      |
| Salt               | 0g      |

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days