



UCOOK

Charred Miso Chicken Traybake

with black rice, aubergine & a soy-sesame dressing

This miso-basted crispy chicken traybake is on another level of yum! With its crunchy charred green beans, soft onion, roasted aubergine, spicy chilli, and sprinkles of crunchy sesame seeds, it is unmatched! It is served with red rice and drizzled with a delectable soy sauce, sesame oil and lime dressing.

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

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Ingredients & Prep

| | |
|-------|---|
| 15ml | Miso Paste |
| 10ml | NOMU Oriental Rub |
| 5ml | White Sesame Seeds |
| 1 | Fresh Chilli <i>deseeded & roughly chopped</i> |
| 2 | Free-range Chicken Drumsticks |
| 250g | Aubergine <i>rinsed, trimmed & cut into wedges</i> |
| 1 | Onion <i>½ peeled & cut into thin wedges</i> |
| 80g | Green Beans <i>rinsed, trimmed & halved</i> |
| 100ml | Black Rice |
| 20ml | Soy-sesame Dressing <i>(10ml Low Sodium Soy Sauce & 10ml Sesame Oil)</i> |
| 15ml | Lime Juice |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. MISO CHICKEN & VEGGIES Preheat the oven to 200°C. In a large bowl, combine the miso paste, Oriental rub, ½ of the sesame seeds, chopped chilli (to taste), a good drizzle of oil and a pinch of salt. Add in the chicken drumsticks, aubergine wedges, onion wedges, halved green beans and more oil, if required. Gently massage the miso mixture onto the chicken and the veggies until coated. Evenly spread out in a roasting tray, making sure to use all the miso dressing. Place in the hot oven and roast for 25-30 minutes until the chicken and veg are fully cooked and starting to char.

2. RICE, RICE BABY! Rinse the rice and place in a pot with 300ml of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid.

3. TOASTY SEEDS Place the remaining sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. ZINGY SOY DRESSING In a small bowl, place the soy-sesame dressing, 7.5ml of a sweetener of choice, and the lime juice (to taste). Mix until fully combined.

5. "TRAY" DELISH! Plate up some bouncy rice and side with the sticky, miso chicken and veg. Drizzle over the zingy soy-sesame dressing to taste and sprinkle over the toasted sesame seeds. Get stuck in, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 796kJ |
| Energy | 190kcal |
| Protein | 11.1g |
| Carbs | 20g |
| of which sugars | 1.6g |
| Fibre | 2.7g |
| Fat | 7.2g |
| of which saturated | 2.3g |
| Sodium | 326mg |

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within 3
Days