



UCCOOK

Cranberry Roasted Chicken & Mash

with cranberry jam & Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	575kj	4005kj
Energy	138kcal	958kcal
Protein	9.4g	65.5g
Carbs	12g	85g
of which sugars	6.3g	44.1g
Fibre	1.4g	9.8g
Fat	6.1g	42.3g
of which saturated	2.2g	15.1g
Sodium	132mg	921mg

Allergens: Sulphites, Egg, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10ml	20ml	White Balsamic Vinegar
30g	60g	Danish-style Feta <i>drain</i>
1	1	Tomato <i>rinse & dice</i>
20g	40g	Salad Leaves <i>rinse & shred</i>
15ml	30ml	Cranberry Juice
30ml	60ml	Cranberry Jam
10g	20g	Dried Cranberries <i>roughly chop</i>
3g	5g	Fresh Chives <i>rinse & roughly chop</i>
30ml	60ml	Grated Italian-style Hard Cheese
200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized chunks</i>
10ml	20ml	NOMU Italian Rub
2	4	Free-range Chicken Pieces

From Your Kitchen

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

1. NOMU-SPICED CHICKEN Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, place a pan, with a lid, over medium heat with a drizzle of oil. When hot, fry the chicken on one side until browned, 4-6 minutes. Flip, cover with the lid, and fry until cooked through, 12-15 minutes.

2. MMMASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork. Add the cheese and ½ the chives. Season, cover and set aside.

3. THE CRANBERRIES In a bowl, combine the cranberries, the jam, and the juice. When the chicken has 5-7 minutes left, baste with the cranberry glaze and return to the oven (or pan) for the remaining time.

4. FETA SALAD To a salad bowl, toss together the salad leaves, tomato, feta, white balsamic vinegar and a drizzle of olive oil and seasoning. Set aside.

5. HOMEMADE HEAVEN Plate up the cheesy mash, topped with the cranberry chicken. Garnish with the remaining chives and side with the fresh salad.