



# UCOOK

## Lemon & Herb Chicken

with smashed sweet potatoes & broccoli

Serve up an easy one-pan traybake of lemon & herb chicken with sweet potatoes and roasted broccoli. The best recipes are simple, but deliver loads of flavour in minimal time. And this dish ticks all the right boxes.

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**Hands-on Time:** 30 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 Carb Conscious

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 Waterford Estate | Range Chardonnay 2018

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## Ingredients & Prep

800g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
4	Free-range Chicken Leg Quarters
2	Red Onions <i>peeled &amp; cut into thick wedges</i>
60ml	NOMU Provençal Rub
15g	Fresh Rosemary <i>rinsed</i>
60ml	Lemon Juice
60g	Almonds <i>roughly chopped</i>
600g	Broccoli Florets <i>cut into bite-sized pieces</i>

## From Your Kitchen

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

**1. ROASTED** Preheat the oven to 200°C. Place the sweet potato pieces on one roasting tray. Coat in oil and season. Place the chicken leg quarters and onion wedges on a separate roasting tray and toss with oil,  $\frac{3}{4}$  of the rub, the rinsed rosemary sprigs, seasoning and lemon juice. Roast both trays in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. TOASTED** Place the chopped almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside.

**3. CHARRED** When the roast has 10-15 minutes to go, return the pan to a medium heat with a drizzle of oil. When hot, fry the broccoli pieces for 7-8 minutes until charred, shifting occasionally. In the final 1 minute, add the remaining rub and stir to combine. Remove from the heat and season.

**4. SMOOSHED** When the roast is done, remove and discard the rosemary sprigs. Smash the sweet potato with a fork or a potato masher, making sure to incorporate all the chicken roasting juices.

**5. DEVoured!** Plate up the smashed sweet potato and serve the crispy chicken on top. Place the roasted onion and charred broccoli alongside. Scatter over the toasted nuts and feast!

## Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	9.3g
Carbs	8g
of which sugars	3g
Fibre	2g
Fat	5.6g
of which saturated	1.3g
Sodium	118mg

## Allergens

Allium, Tree Nuts

Cook  
within 3  
Days