



U C O O K

— COOKING MADE EASY

FESTIVE ROAST CHICKEN

with caramelised carrots, fresh orange & crispy bacon

Embrace the spirit of Spring with a cheerful chicken roast! With maple-glazed roast carrots, red cabbage braised in fresh orange juice, sautéed green beans, crunchy bacon pieces, and sprinklings of crispy onions.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Lauraine Garudzo

 **Easy Peasy**

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Ingredients & Prep

4	Free-Range Chicken Pieces
20ml	NOMU Poultry Rub
480g	Carrot <i>trimmed & cut lengthways into long wedges</i>
10g	Pumpkin Seeds
300g	Green Beans <i>trimmed & halved</i>
20ml	Maple Syrup
4 strips	Streaky Bacon <i>cut into bite-size pieces</i>
200g	Shredded Red Cabbage
1	Orange <i>juiced</i>
5g	Fresh Parsley <i>rinsed & roughly chopped</i>
20ml	Crispy Onions

From Your Kitchen

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

1. ROAST THE CHICKEN & CARROT Preheat the oven to 200°C. Place the chicken pieces on a roasting tray and pat dry with some paper towel. Coat in oil and the Poultry Rub. Place the carrot wedges on a separate roasting tray, coat in oil, and season. Pop both trays in the hot oven and roast for 30-35 minutes until the chicken is cooked through and the carrots are becoming crispy, shifting halfway.

2. POPPIN' PUMPKIN SEEDS Place the pumpkin seeds in a large pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

3. BLANCHE THE BEANS When the roast is at the halfway mark, return the pan to a medium-high heat. Add a drizzle of oil, a small splash of water to cover the base, and a pinch of salt. When hot, cook the halved green beans for 4-5 minutes until al dente, shifting occasionally. Remove from the pan and set aside in a bowl.

4. CARAMELISED CARROTS Remove the carrot wedges from the oven, drizzle over the maple syrup, and return to the oven for the remaining roasting time.

5. CRISPY BACON & BRAISED CABBAGE Wipe down the pan and return it to a medium heat with another drizzle of oil. When hot, fry the bacon pieces for 4-5 minutes until crispy, shifting occasionally. Add the shredded red cabbage and mix in the orange juice to your taste preference. Sauté for 3-4 minutes until the cabbage is slightly wilted but still crunchy. In the final minute, return the green beans to the pan and sauté until reheated. Season to taste and remove from the heat on completion.

6. SCRUMPTIOUS! Plate up the golden chicken pieces and sticky carrots next to a helping of bacon, green beans, and cabbage. Garnish with the fresh, chopped parsley, the toasted pumpkin seeds, and the crispy onions. Time to feast, Chef!

Nutritional Information

Per 100g

Energy	528kj
Energy	126Kcal
Protein	8.2g
Carbs	8g
of which sugars	4.9g
Fibre	2.1g
Fat	6.8g
of which saturated	2.1g
Sodium	179mg

Allergens

Gluten, Allium, Wheat

Cook
within 3
Days