



UCOOK

Mustard-glazed Cabbage & Chicken

with basmati rice & green beans

Dripping honey combined with sharp Dijon mustard & rich roasted garlic will make a gorgeous sauce for your crispy roast chicken. Sided with a veggie medley of roasted onion, cabbage & green beans, plus a showering of nutty toasted almonds. It's time to dine!


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

Fan Faves

 Painted Wolf Wines | The Den Cabernet Sauvignon 2022

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Ingredients & Prep

2	Free-range Chicken Pieces
1	Onion <i>peel & cut ½ into wedges</i>
100g	Cabbage <i>rinse & cut into large chunks</i>
35ml	Honey-mustard <i>(20ml Dijon Mustard & 15ml Honey)</i>
7,5ml	NOMU Roast Rub
75ml	White Basmati Rice <i>rinse</i>
80g	Green Beans <i>rinse, trim & slice into thirds</i>
3g	Fresh Thyme <i>rinse</i>
1	Garlic Clove
10g	Almonds

From Your Kitchen

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

1. I MUSTARD-MIT - I'M HUNGRY! Preheat the oven to 200°C. Pat the chicken dry with paper towel. Place on a roasting tray with the onion wedges and the cabbage chunks. Coat in oil, ½ the honey-mustard, the NOMU rub, and seasoning. Roast in the oven until cooked through and becoming crispy, 30-35 minutes (shifting halfway).

2. SOME NICE RICE Place the rinsed rice in a pot with 150ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. MAKE THE GREEN BEANS In a bowl, combine the sliced green beans, ½ the rinsed thyme (to taste), a drizzle of oil, and seasoning. Set aside.

4. REUNITE THE VEGGIES When the roast has 10-15 minutes remaining, give the tray a shift. Scatter the green beans and the whole, unpeeled garlic clove over the tray. Roast until cooked through.

5. ALL OF THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

6. LEVEL UP THE FLAVOUR When the roast is done, remove the roasted garlic from the tray. Carefully squeeze out the flesh and roughly chop. In a bowl, combine the chopped garlic, the remaining honey-mustard, and seasoning.

7. A HOMEMADE FEAST Plate up the roasted chicken & veg. Serve with the fluffy rice. Drizzle over the garlic-y honey-mustard. Sprinkle over the toasted almonds and garnish with the remaining thyme sprigs. Beautiful work, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat the chicken pieces and the veg in oil, ½ the honey-mustard, the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	657kJ
Energy	157kcal
Protein	9.9g
Carbs	16g
of which sugars	4.6g
Fibre	1.8g
Fat	6g
of which saturated	1.3g
Sodium	129mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
3 Days