



# UCOOK

## Roast Chicken & Cauliflower

with roasted pumpkin mash & gravy

Let's celebrate Christmas in July! Enjoy heart-warming flavours of oven-roasted chicken, covered in delicious homemade chicken gravy. A side of roasted cauliflower, silky onions and smooth pumpkin mash dotted with crunchy toasted pumpkin seeds make this dish the best culinary gift.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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 Carb Conscious

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## Ingredients & Prep

6	Free-range Chicken Pieces
2	Red Onions <i>1½ peeled &amp; cut into wedges</i>
22,5ml	NOMU Poultry Rub
750g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
450g	Cauliflower Florets <i>cut into bite-sized pieces</i>
30g	Pumpkin Seeds
45ml	Gravy Seasoning <i>(15ml NOMU Provençal Rub, 15ml Cornflour &amp; 15ml Chicken Stock)</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
8g	Fresh Rosemary <i>rinsed</i>

## From Your Kitchen

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

**1. OVEN-ROASTED CHICKEN** Preheat the oven to 200°C. Spread the chicken pieces and the onion wedges 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, 35-40 minutes.

**2. PUMPKIN MASH** Spread the pumpkin pieces on a separate roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place the roasted pumpkin in a bowl with a knob of butter (optional) and a splash of water or milk. Mash with a fork and cover.

**3. CAULIFLOWER** In a bowl, toss the cauliflower pieces with a drizzle of oil and seasoning. When the chicken has 20 minutes remaining, scatter the dressed cauliflower over the tray with the chicken and roast for the remaining time.

**4. TOASTY SEEDS** Place the pumpkin seeds in a saucepan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the saucepan and set aside.

**5. HOMEMADE GRAVY** In a small bowl, combine the gravy seasoning with 30ml of cold water to form a slurry. Set aside. Return the saucepan to medium heat with a drizzle of oil. When hot, fry the grated garlic and the rinsed rosemary sprigs until fragrant, 1-2 minutes. Add 450ml of water and bring to a simmer. Stir through the gravy seasoning slurry. Simmer until thickened, 4-5 minutes. Remove from the heat, stir through a knob of butter (optional), and season (if necessary). Remove the rosemary sprigs and discard.

**6. DINNER IS SERVED** Plate up the roast chicken and spoon over the gravy. Side with the roast veg and the pumpkin mash. Top the pumpkin mash with the toasted pumpkin seeds. Beautiful, Chef!

## Nutritional Information

Per 100g

Energy	352kJ
Energy	84kcal
Protein	5.9g
Carbs	8g
of which sugars	2.9g
Fibre	2.1g
Fat	3.1g
of which saturated	0.8g
Sodium	156mg

## Allergens

Allium, Sulphites

Cook  
within 3  
Days