



UCOOK

Sticky Honey-Mustard Roast Chicken

**with charred Brussels sprouts,
carb-conscious mash & pine nuts**

Free-range chicken pieces and Brussels sprouts coated in a honey, apple cider vinegar, and Dijon mustard glaze — this roast of sticky, tangy tastiness is where it's at! Accompanied by delectably cheesy potato and carrot mash.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thandi Mamacos

 **Health Nut**

 **Steenberg Vineyards | Sauvignon Blanc**

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Ingredients & Prep

2	Free-Range Chicken Pieces
37,5ml	Honey & Mustard Glaze <i>(20ml Honey, 10ml Apple Cider Vinegar & 7,5ml Dijon Mustard)</i>
100g	Brussels Sprouts <i>rinsed & halved</i>
200g	Potato <i>peeled & cut into bite-sized chunks</i>
120g	Carrot <i>peeled, trimmed & cut into bite-sized chunks</i>
5g	Pine Nuts
20g	Green Leaves <i>rinsed</i>
15ml	Grated Italian-style Hard Cheese
3g	Fresh Basil <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. STICKY ROAST Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel and place on a tinfoil-lined roasting tray. Coat in oil, ¾ of the honey-mustard glaze, and some seasoning. Roast in the hot oven for 30-35 minutes. Place the halved Brussels sprouts in a bowl. Toss through the remaining honey-mustard glaze, a drizzle of oil, and some seasoning. Set aside for step 4.

2. BUBBLE IT UP Pop the potato and carrot chunks into a pot of salted water. Place over a high heat and cover with a lid. Once boiling, remove the lid and reduce the heat. Simmer for 15-20 minutes until soft and cooked through. Drain on completion and return to the pot. Replace the lid and set aside.

3. WHILE THE VEG IS BOILING... Place a pan over a medium heat. When hot, toast the pine nuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside to cool. Toss the rinsed green leaves with some olive oil and seasoning, and set aside for serving.

4. THE HALFWAY MARK When the chicken reaches the halfway mark, baste with the tray juices using a spoon or pastry brush, and scatter the Brussels sprouts around it. Return to the oven for the remaining roasting time until the sprouts are charred and the chicken is cooked through and sticky.

5. MASH YOUR ROOT VEG Pop a generous knob of butter or coconut oil (optional) into the pot of cooked, drained veg. Add a splash of milk or water and the hard cheese. Mash with a fork or potato masher until smooth and season.

6. COSY CHICKEN DINNER Dish up a mound of nourishing mash. Plate the chicken pieces and charred Brussels sprouts alongside it. Sprinkle with the chopped basil. Garnish the dressed leaves with the toasted pine nuts and serve on the side. Beautiful work!



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	446kJ
Energy	107Kcal
Protein	6.5g
Carbs	13g
of which sugars	5.4g
Fibre	2.5g
Fat	3.5g
of which saturated	1g
Sodium	46mg

Allergens

Egg, Dairy, Sulphites, Tree Nuts

Cook
within 3
Days