



# UCOOK

## Delish Roast Chicken Dinner

**with roasted baby potatoes, sunflower seeds & a fresh salad**

Tender & juicy chicken pieces are roasted to crispy perfection alongside baby potatoes seasoned with NOMU's Provençal Rub. Sided with a fresh & crunchy salad made with carrot ribbons, shredded salad leaves, and toasted sunflower seeds, all tossed with a zingy lemon dressing. Perfection!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 **\*NEW Simple & Save**

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 **Strandveld | First Sighting Sauvignon Blanc**

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## Ingredients & Prep

2	Free-range Chicken Pieces
200g	Baby Potatoes <i>rinsed &amp; halved</i>
10ml	NOMU Provençal Rub
120g	Carrot
20g	Salad Leaves
10g	Sunflower Seeds
10ml	Lemon Juice

## From Your Kitchen

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

**1. GET THE ROAST GOING** Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel. Place on a roasting tray along with the halved baby potatoes. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until cooked through and crispy, 30-35 minutes (shifting halfway).

**2. QUICK INTERMISSION** Rinse, trim, and peel ½ the carrot into ribbons. Rinse and roughly shred the salad leaves.

**3. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. SUPER SIMPLE SALAD** When the roast has 5 minutes remaining, place the carrot ribbons, the shredded salad leaves, the toasted seeds, the lemon juice, a drizzle of olive oil, and seasoning in a salad bowl. Toss until combined.

**5. TIME TO DINE!** Plate up the roasted chicken and baby potatoes. Side with the fresh salad. As simple as that, Chef!



## Chef's Tip

Air fryer method: Coat the chicken and baby potatoes in oil, the NOMU rub and seasoning. Air fry at 200°C until crispy, 25-30 minutes.

## Nutritional Information

Per 100g

Energy	528kj
Energy	126kcal
Protein	10g
Carbs	8g
of which sugars	2.2g
Fibre	1.3g
Fat	6g
of which saturated	1.5g
Sodium	100mg

## Allergens

None

Cook  
within 3  
Days