



# UCOOK

## Peri-Peri Chicken & Chips

with zesty lemon cabbage

Why wait for take-out when you can make it yourself, as easy as 1, 2, 3, 4! Chicken pieces are roasted until golden and crispy, then doused in a lipsmacking peri-peri sauce. Sided with roasted potato fries and a simple zesty cabbage slaw. Boom!

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Isabella Melck

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 **\*NEW Simple & Save**

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 **Waterkloof | False Bay Chenin Blanc**

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### Ingredients & Prep

8	Free-range Chicken Pieces
800g	Potato <i>rinsed &amp; sliced into 1cm thick fries</i>
200g	Cabbage <i>finely sliced</i>
40ml	Lemon Juice
125ml	Mild Peri-peri Sauce

### From Your Kitchen

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

**1. READY THE ROAST** Preheat the oven to 220°C. Pat the chicken pieces and the fries dry with paper towel. Evenly spread out in a single layer, coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. LEMONY CABBAGE** Place the sliced cabbage in a bowl, add the lemon juice, seasoning, and toss to combine. Set aside in the fridge.

**3. PERI-PERI CHICKEN** When the chicken is done, pour the peri-peri sauce into a dish and combine with a splash of water. Drizzle the sauce over the chicken and mix to coat. Return to the oven until sticky, 4-5 minutes.

**4. TIME TO EAT** Plate up the fries, side with the peri-peri chicken, and the lemony cabbage. Easy, Chef!



### Chef's Tip

Air fryer method: Pat the chicken and fries dry. Coat in oil and season. Air fry at 200°C until cooked through, 25-35 minutes (shifting halfway). If you have the time, take the opportunity to light up the braai and grill the chicken pieces over the hot coals.

### Nutritional Information

Per 100g

Energy	471kJ
Energy	113kcal
Protein	9g
Carbs	7g
of which sugars	3.4g
Fibre	1.1g
Fat	4.9g
of which saturated	1.3g
Sodium	75mg

### Allergens

Gluten, Allium, Wheat

Cook  
within 2  
Days