



UCCOOK

Rosemary Potatoes & Chicken

with green beans & roast potatoes

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Painted Wolf Wines | The Pack Darius Carignan

Nutritional Info

	Per 100g	Per Portion
Energy	503kJ	2681kJ
Energy	120kcal	641kcal
Protein	8.6g	45.6g
Carbs	11g	59g
of which sugars	2.8g	15g
Fibre	2.1g	11.3g
Fat	4.1g	21.7g
of which saturated	1.9g	10.2g
Sodium	92mg	492mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato Chunks
3g	5g	Fresh Rosemary <i>rinse</i>
80g	160g	Sliced Green Beans <i>rinse</i>
1	2	Free-range Chicken Breasts
10ml	20ml	NOMU Poultry Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
25g	50g	Cranberry & Seed Mix <i>15g [30g] Dried Cranberries & 10g [20g] Seed Mix</i>
10ml	20ml	Balsamic Vinegar
40ml	80ml	Crème Fraîche

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. ROSEMARY POTATOES Coat the potatoes in oil and season. Toss through the rosemary then air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, roast in the oven at 200°C for 20-25 minutes.

2. CHARRED GREEN BEANS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. NOMU-SPICED CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. CRANBERRY & SEED SALAD Place the salad leaves into a bowl and toss through the cranberries and seed mix, the balsamic vinegar, a drizzle of olive oil and seasoning. Set aside.

5. IS DINNER ALREADY DONE?! Plate up the golden roast potatoes, discarding the rosemary sprigs. Serve the sliced chicken alongside the green beans and the dressed salad. Dollop over the crème fraîche and serve any remaining on the side for dipping.