

UCOOK

Taste-of-Tunisia Chicken

with a veggie roast & chermoula-yoghurt drizzle

We're in love with chermoula's colourful flavour. Here, it's used to marinate succulent chicken pieces before being oven roasted alongside carrots, chickpeas, and onions. Sided with a fresh tomato salad and finished off with a chermoula-yoghurt drizzle.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Domaine Des Dieux | Chardonnay 2019

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Ingredients & Prep

2	Free-range Chicken Pieces
15ml	Pesto Princess Chermoula Paste
240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	Onion <i>peel & cut ½ into wedges</i>
80g	Baby Tomatoes <i>rinse & halve</i>
60g	Chickpeas <i>drain & rinse</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
15ml	Low Fat Plain Yoghurt
3g	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. MARINATE Preheat the oven to 200°C. Pat the chicken dry with paper towel. In a bowl, combine ½ the chermoula paste with a drizzle of oil and seasoning. Toss the chicken through the marinade and set aside.

2. ROAST Coat the carrot & onion wedges in oil and seasoning. Spread the dressed carrot & onion wedges and the marinated chicken pieces on a roasting tray. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

3. DRESS In a bowl, toss together the halved baby tomatoes, a drizzle of olive oil, and seasoning. Set aside. In a separate bowl, combine the drained chickpeas with a drizzle of oil and seasoning. Set aside.

4. MIX Add the rinsed salad leaves to the bowl of dressed tomatoes and toss to coat. In a small bowl, combine the yoghurt with the remaining chermoula paste, seasoning, and 5ml of sweetener. Loosen with water in 5ml increments until drizzling consistency.

5. SCATTER When the roast has been in for 10 minutes, remove from the oven and give it a shift. Scatter over the dressed chickpeas and return to the oven for the remaining time.

6. FEAST! Plate up the chicken and drizzle over the chermoula dressing. Side with the roasted carrot & onion wedges and the crispy chickpeas. Serve with the fresh salad drizzled with any remaining chermoula dressing. Garnish with the chopped mint and enjoy!

Chef's Tip

Air fryer method: Air fry the dressed chicken, skin-side up, at 200°C until cooked through, 20-25 minutes (shifting halfway). Next, air fry the dressed veg at 200°C until crispy, 25-35 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	424kj
Energy	101kcal
Protein	7.7g
Carbs	6g
of which sugars	2.7g
Fibre	1.9g
Fat	4.7g
of which saturated	1.1g
Sodium	35mg

Allergens

Allium, Cow's Milk

Cook
within 3
Days