



UCCOOK

Miso Cabbage & Chicken Bake

with crispy onions & fresh herbs

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	414kJ	3770kJ
Energy	99kcal	903kcal
Protein	6.4g	58.3g
Carbs	5g	49g
of which sugars	2.1g	19.5g
Fibre	1.4g	12.4g
Fat	5.2g	47.5g
of which saturated	2.3g	20.7g
Sodium	101mg	923mg

Allergens: Soya, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
200g	400g	Cabbage <i>cut into bite-sized pieces</i>
200g	400g	Beetroot Chunks <i>cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut into wedges</i>
10ml	20ml	Miso Paste
100ml	200ml	Coconut Milk
30ml	60ml	Crispy Onion Bits
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. VEGGIE MEDLEY Boil the kettle. Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Add the cabbage, the beetroot, and the onion. Coat in oil, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. MISO MILK MAGIC To a bowl, combine the miso, the coconut milk, and seasoning. When the chicken and veggies have reached the halfway mark, pour over the miso milk and bake until the milk has thickened, 15-20 minutes.

3. SIMPLE, YET SIMPLY SUPERB Serve up the miso chicken bake, and garnish with the crispy onions, and the coriander.