



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!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Thea Richter

 ***NEW Simple & Save**

 **Strandveld | First Sighting Sauvignon Blanc**

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Ingredients & Prep

4	Free-range Chicken Pieces
400g	Baby Potatoes <i>rinsed & halved</i>
20ml	NOMU Provençal Rub
120g	Carrot
40g	Salad Leaves
20g	Sunflower Seeds
20ml	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 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