



WCOOK

Sticky Plum Chicken

with roasted veggies

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Stettyn Wines | Stettyn Family Range
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	381kJ	3866kJ
Energy	91kcal	927kcal
Protein	6g	60.9g
Carbs	9g	89g
of which sugars	5.1g	51.9g
Fibre	1.4g	14.2g
Fat	3.5g	35.9g
of which saturated	1.1g	11.6g
Sodium	139mg	1416mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Free-range Chicken Pieces
125ml	160ml	Plum Sauce
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
30ml	40ml	Nomu Does Everything
150g	200g	Kale <i>rinse & roughly shred</i>
2	2	Bell Pepper <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

1. PLUM SAUCE CHICKEN Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In the final 2-3 minutes, baste the chicken with the plum sauce. Return to the oven and allow to caramelize.

2. VEGGIE MEDLEY Spread the butternut, and the onion on a separate roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

3. ADD MORE COLOUR Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the butternut has 10 minutes remaining, give the tray a shift and scatter over the dressed kale, and the pepper. Roast for the remaining time.

4. SO SATISFYING! Place up the roasted veggies, and crumble over the feta. Side with the sticky plum chicken.