



QCOOK

Zesty Roast Chicken

with a baby marrow salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	383kj	3192kj
Energy	92kcal	763kcal
Protein	7g	58.4g
Carbs	7g	59g
of which sugars	4.5g	37.6g
Fibre	1.8g	15.1g
Fat	4.7g	39.4g
of which saturated	1.1g	9.1g
Sodium	81mg	671mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
10ml	20ml	NOMU Roast Rub
15ml	30ml	Lemon Juice
1	1	Orange <i>rinse & cut into wedges</i>
200g	400g	Pumpkin Chunks <i>cut into small bite-sized pieces</i>
10g	20g	Pecan Nuts <i>roughly chop</i>
100g	200g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
20g	40g	Salad Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>

From Your Kitchen

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

1. ROAST 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, the NOMU rub, ½ the lemon juice, a squeeze of orange juice (to taste), and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PUMPKIN MASH Place the pumpkin in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

3. TOASTED PECANS Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHARRED BABY MARROW Return the pan to medium heat with a drizzle of oil. Fry the baby marrow until lightly charred and turning golden, 2-3 minutes (shifting occasionally). Remove from the pan.

5. FRESH SALAD To a salad bowl, add the remaining lemon juice, a drizzle of olive oil, a sweetener (to taste), and seasoning. Mix to combine. Add the salad leaves, the sun-dried tomatoes, the baby marrow, and the nuts.

6. CLASSIC DINNER Plate up the pumpkin mash. Side with the chicken with all the pan juices, and the baby marrow salad. Well done, Chef!