UCOOK

One-tray Mediterranean Chicken Bake

with Danish-style feta & fresh oregano

A one-tray dinner with no fuss! Chicken, onion, baby tomatoes & baby potatoes are roasted in a flavourful stock and finished off with a crumble of Danish-style feta and a sprinkle of fresh oregano.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Kate Gomba

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Ingredients & Prep

4	Free-range Chicken Pieces
1	Onion *peel & cut into wedges*
400g	Baby Potatoes *rinse & halve*
20ml	NOMU Roast Rub
10ml	Chicken Stock
20ml	Lemon Juice
15ml	Dijon Mustard
2	Garlic Cloves *peel & grate*
160g	Baby Tomatoes *rinse & halve*
60g	Pitted Kalamata Olives *drain & halve*
5g	Fresh Oregano *rinse & pick*
40g	Danish-style Feta *drain*

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. ROAST MOMENT Preheat the oven to 220℃. Boil the kettle. Pat the chicken pieces dry with paper towel. Place on a roasting tray with the onion wedges and the halved baby potatoes. Coat in oil, the NOMU rub, and seasoning. Dilute the stock with 150ml of boiling water and pour over the tray. Roast until cooked through, 25-30 minutes.

2. PREP STEP In a bowl, combine the lemon juice (to taste), the mustard, and the grated garlic.

3. SOME ADD-ONS When the roast has 10-15 minutes remaining, give the tray a shift. Add the halved baby tomatoes, the halved olives, and ½ the picked oregano. Drizzle over the mustard mixture. Return to the oven for the remaining time until cooked through.

4. ONE-TRAY DINNER Plate up the roast and crumble over the drained feta. Garnish with the remaining oregano. Well done, Chef!

Nutritional Information
Per 100g

Energy	500kJ
Energy	119kcal
Protein	8.5g
Carbs	8g
of which sugars	1.8g
Fibre	1.2g
Fat	5.7g
of which saturated	1.7g
Sodium	252mg

Allergens

Allium, Sulphites, Cow's Milk

Cook within 3 Days