



# UCCOOK

## Roast Chicken, Apple & Cabbage

with Dijon mustard sour cream


Few things go together as well as cabbage, apple, and mustard. So we've put them together in a special way for you, Chef! Baby potatoes, cabbage, and apple chunks are oven roasted until beautiful & golden. This veggie medley is sided with butter-basted chicken breast slices and a crunchy cucumber & apple salad. Finished with a mustard sour cream drizzle and garnished with fresh mint. Stunning!

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Serves:** 3 People

**Chef:** Samantha du Toit

 \*NEW Simple & Save

 Strandveld | First Sighting Rosé

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

750g	Baby Potato <i>rinsed &amp; halved</i>
3	Free-range Chicken Breasts
15ml	NOMU Poultry Rub
300g	Cabbage <i>rinsed &amp; cut into large chunks</i>
2	Apples <i>rinsed, peeled, cored, ½ cut into thick wedges &amp; ½ thinly sliced</i>
150g	Cucumber <i>rinsed &amp; cut into thin matchsticks</i>
60ml	Sour Cream
15ml	Dijon Mustard
8g	Fresh Mint <i>rinsed, picked &amp; finely sliced</i>

## From Your Kitchen

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

**1. ROASTED 'TATOES** Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. BUTTERY CHICKEN** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. In the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and rest for 5 minutes before slicing and seasoning.

**3. CABBAGE & APPLES** In a bowl, coat the cabbage chunks and thicker apple wedges in oil and seasoning. When the roast has 15-20 minutes remaining, scatter over the cabbage chunks and the apple wedges, and roast until turning golden.

**4. CRUNCHY CUCUMBER SALAD** In a salad bowl, toss together the cucumber matchsticks, the thin apple slices, a drizzle of olive oil, and seasoning. Set aside.

**5. DIJON DRIZZLE** In a small bowl, combine the sour cream and the mustard with water in 5ml increments until drizzling consistency. Season and set aside.

**6. TIME TO DINE!** Serve the roasted veg alongside the sliced chicken and drizzle with any pan juices. Side with the cucumber & apple salad. Finish it all off with the sliced mint and drizzles of the mustard sour cream. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 10 minutes, scatter over the dressed cabbage chunks and the thicker apple wedges.

## Nutritional Information

Per 100g

Energy	318kJ
Energy	76kcal
Protein	6g
Carbs	10g
of which sugars	3.4g
Fibre	1.6g
Fat	1.3g
of which saturated	0.5g
Sodium	69mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days