



# UCOOK

## Bell Pepper & Chicken Roast

**with fresh chives & fluffy rice**

The easiest dinner of your dreams! Pop it in the oven, leave it, and tuck in! Chicken is cooked with garlic, green pepper, onion, and spinach. Served alongside fluffy rice.

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**Hands-on Time:** 15 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Fan Faves

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Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

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## Ingredients & Prep

2	Free-range Chicken Pieces
10ml	NOMU One For All Rub
1	Bell Pepper <i>rinse, deseed &amp; cut into strips</i>
1	Onion <i>peel &amp; finely slice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
5ml	Chicken Stock
50ml	Fresh Cream
100ml	White Basmati Rice <i>rinse</i>
20g	Spinach <i>rinse &amp; roughly shred</i>
3g	Fresh Chives <i>rinse &amp; finely chop</i>
10ml	Lemon Juice

## From Your Kitchen

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

**1. LET'S GET GOING** Preheat the oven to 200°C. Boil the kettle. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning.

**2. SAUCY ROAST** To an ovenproof dish, add the sliced pepper, the sliced onion, the grated garlic, the stock, 50ml of boiling water, seasoning, and the cream. Top with the seasoned chicken. Roast in the hot oven until the chicken is cooked through and crispy, 25-30 minutes (shifting halfway).

**3. RICE** Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**4. DON'T LEAF IT OUT** When the roast is done, remove the dish from the oven. Mix in the shredded spinach until starting to wilt and season.

**5. WINNER, WINNER, CHICKEN DINNER!** Plate up the fluffy rice. Top with the delicious chicken with all the tray juices and sprinkle over the chopped chives. Drizzle over the lemon juice (to taste). Well done, Chef!



## Chef's Tip

If you would like your chicken skin crispy, when the chicken is done, turn the oven to the grill setting or the highest temperature and roast for an extra 5 minutes.

## Nutritional Information

Per 100g

Energy	550kj
Energy	131kcal
Protein	7.5g
Carbs	13g
of which sugars	2.1g
Fibre	1.2g
Fat	5.6g
of which saturated	2.2g
Sodium	119mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days