

UCOOK

Glorious Grilled Chicken Dinner

**with charred baby marrow, pecan nuts &
Danish-style feta**

Juicy roasted chicken leg quarter served on a bed of fresh salad leaves topped with smoky charred baby marrow-loaded couscous. Sprinkled with creamy feta, sweet golden sultanas & toasted pecan nuts. Dressed up with a pomegranate vinaigrette for zing – this dish is simple & stunning!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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



Ingredients & Prep

1	Free-range Chicken Leg Quarter <i>drum & thigh separated</i>
10ml	NOMU Poultry Rub
75ml	Whole Wheat Couscous
20g	Salad Leaves
40g	Danish-style Feta
100g	Baby Marrow
10g	Pecan Nuts
15ml	Lemon Juice
10ml	Pomegranate Dressing
10g	Golden Sultanas

From Your Kitchen

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

1. ROAST MOMENT Preheat the oven to 220°C. Place the chicken on a roasting tray. Pat dry with paper towel. Coat in oil, the rub, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and becoming crispy, shifting halfway.

2. CUCKOO FOR COUSCOUS Boil the kettle. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

3. PREP STEP While the couscous is steaming, rinse and roughly shred the salad leaves. Drain the feta. Rinse, trim and cut the baby marrow into bite-sized chunks.

4. A LIL NUTTY Place the pecan nuts in a pan over medium heat and toast for 3-5 minutes until golden. Remove from the pan, roughly chop, and set aside.

5. MERRY MARROW Return the pan to a medium-high heat with a drizzle of oil. When hot, add the baby marrow chunks and fry for 4-5 minutes until charred, shifting occasionally. Remove from the pan and add to the bowl with the cooked couscous. Add ½ the lemon juice and toss until combined. Set aside. In a small bowl, combine the pomegranate dressing, the remaining lemon juice, seasoning, and a drizzle of oil.

6. WINNER WINNER CHICKEN DINNER! Make a bed of the shredded salad leaves and top with the loaded couscous and the roasted chicken. Scatter over the drained feta, the toasted pecan nuts, and the sultanas. Drizzle over the lemon-pomegranate dressing. Well done, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the chicken? Coat in oil, the rub, and seasoning. Pop in the air fryer at 220°C. Cook for 15-20 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	769kJ
Energy	184kcal
Protein	13.3g
Carbs	11g
of which sugars	3.7g
Fibre	1.6g
Fat	9.4g
of which saturated	3g
Sodium	176mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within 2
Days