



UCCOOK

Mustard-glazed Cabbage & Chicken

with silky mash & green beans

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Fan Faves: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	473kJ	3974kJ
Energy	113kcal	951kcal
Protein	7.4g	62.5g
Carbs	10g	86g
of which sugars	4.1g	34.6g
Fibre	1.9g	15.9g
Fat	4.6g	38.5g
of which saturated	1g	8.2g
Sodium	95mg	799mg

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
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
100g	200g	Cabbage
35ml	70ml	Honey-mustard <i>20ml [40ml] Dijon Mustard & 15ml [30ml] Honey</i>
10ml	20ml	Spice Blend <i>2.5ml [5ml] Thyme & 7.5ml [15ml] NOMU Does Everything</i>
80g	160g	Green Beans
1	1	Garlic Clove
200g	400g	Potato
10g	20g	Almonds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Water
Milk (optional)
Butter (optional)

1. CHICKEN & VEG Preheat the oven to 200°C. Pat the chicken dry with paper towel. Place on a roasting tray with the onion and the cabbage. Coat in oil, ½ the honey-mustard, the spice blend, and seasoning. Roast in the oven until cooked through and becoming crispy, 30-35 minutes (shifting halfway). When the roast has 10-15 minutes remaining, give the tray a shift. Scatter the green beans and the whole, unpeeled garlic clove over the tray. Roast until cooked through.

2. MAKE THE MASH Place the potato in a pot of salted water. Bring to a 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. CRUNCH FACTOR Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. GARLIC GREEN BEANS When the roast is done, remove the garlic from the tray. Carefully squeeze out the flesh and roughly chop. In a bowl, combine the garlic, the remaining honey-mustard, and seasoning. Toss the green beans through the dressing and season.

5. WELL DONE Plate up the silky mash, topped with the roasted chicken and vegetables. Side with the dressed beans and scatter the almonds over the beans. Dinner is ready!