



UCOOK

Dreamy Harissa Chicken

with toasted baguette rounds & fresh parsley

A dreamy harissa sauce made from sour cream and speckled with pickled peppers & spinach is ladelled over roasted chicken pieces. Served with toasty baguette rounds for slurping up all of that delicious sauce. Don't be shy, Chef. It's time to dine!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Rhea Hsu

 Fan Faves

 Waterford Estate | Waterford Rose Mary 2022

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Ingredients & Prep

4	Free-range Chicken Pieces
10ml	NOMU Provençal Rub
60ml	Sour Cream
1	Onion <i>peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
30ml	Pesto Princess Harissa Paste
20ml	Red Wine Vinegar
1	Sourdough Baguette <i>cut into rounds</i>
200g	Spinach <i>rinsed & roughly shredded</i>
60g	Pickled Bell Peppers <i>drained & roughly chopped</i>
8g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. TOASTIN' & ROASTIN' Preheat the oven to 200°C. Place the chicken pieces on a roasting tray. Pat dry with paper towel. Coat in oil, the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway. Loosen the sour cream with 200ml of water. Set aside.

2. THE SOURCE OF THE SAUCE Boil the kettle. When the chicken has 15-20 minutes remaining, place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally.

3. SPICE IT UP When the onion is soft, add the grated garlic and the harissa to the pan and fry for 1 minute until fragrant, shifting constantly. Add the vinegar and simmer for 1-2 minutes until almost all evaporated. Add the loosened sour cream. Simmer for 5-6 minutes until slightly reduced and thickening.

4. GOLDEN & CRISPY While the sauce is simmering, smear the baguette rounds with butter or drizzle with oil. Place a clean pan over medium heat. When hot, add the baguette rounds, cut-side down, and toast for 1-2 minutes per side until browned. Alternatively, place the baguette rounds in a single layer on a baking tray. Sprinkle with a splash of water and bake in the hot oven for 3-5 minutes until toasted.

5. WILTING AWAY When the sauce has reduced, add the shredded spinach, the chopped pickled peppers, and a splash of water to the pan. Simmer for 2-3 minutes until the spinach is wilted. Season to taste.

6. A COSY DINNER AWAITS! Plate up the roasted chicken and pour over the harissa sauce. Side with the toasted baguette rounds and sprinkle over the picked parsley. Divine, Chef!

Nutritional Information

Per 100g

Energy	631kJ
Energy	151kcal
Protein	10.7g
Carbs	11g
of which sugars	3.2g
Fibre	1.3g
Fat	6.7g
of which saturated	1.9g
Sodium	370mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days