



UCOOK

Roast Chicken & Smashed Baby Potatoes

with sun-dried tomatoes & **NOMU One For All Rub**

Sometimes foodie trends can come and go after the hype dies down, but we're convinced that smashed baby potatoes are here to stay, Chef! Golden oven-roasted smashed spuds are served with **NOMU One For All Rub**-infused chicken & onion wedges. Served with a zesty sun-dried tomato & crisp greens salad.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Malbec

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

Ingredients & Prep

500g	Baby Potatoes <i>rinse</i>
4	Free-range Chicken Pieces
1	Onion <i>peel & cut into thin wedges</i>
20ml	NOMU One For All Rub
40g	Salad Leaves <i>rinse & roughly shred</i>
40g	Sun-dried Tomatoes <i>drain</i>
20ml	Lemon Juice

From Your Kitchen

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

1. PARBOIL Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. ROAST Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel and scatter over the onion wedges. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

3. SMASHED POTATOES Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes. Alternatively: Place the parboiled potatoes in the air fryer tray. Press with a fork, splitting the skin but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

4. JUST BEFORE SERVING In a bowl, combine the leaves, the sun-dried tomatoes, the lemon juice (to taste), and seasoning.

5. DINNER IS READY Dish up the smashed potatoes, side with the roasted chicken & onions, and serve alongside the simple salad. Well done, Chef!



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	478kj
Energy	114kcal
Protein	8.2g
Carbs	9g
of which sugars	2.8g
Fibre	1.2g
Fat	4.6g
of which saturated	1.2g
Sodium	91mg

Allergens

Allium, Sulphites

Eat
Within
3 Days