



UCOOK

Magnificent Chicken Marbella

with lemon, capers & sweet dates

In our take on this classic French dish, our chicken pieces are roasted in a sauce loaded with olives, capers, lemon wedges, white wine and dates. A side of crusty baguette ensures every last bit of the delicious roasting juices are soaked up and devoured!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 4 People

Chef: Thea Richter

 Quick & Easy

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

| | |
|-------|--|
| 8 | Free-range Chicken Pieces |
| 60g | Capers |
| 100g | Pitted Kalamata Olives |
| 40g | Pitted Dates |
| 40ml | Red Wine Vinegar |
| 2 | Red Onions <i>peeled & cut into quarters</i> |
| 2 | Lemons <i>cut into wedges</i> |
| 15g | Fresh Oregano <i>rinsed, picked & roughly chopped</i> |
| 170ml | White Wine |
| 2 | Sourdough Baguettes <i>cut in half lengthways</i> |
| 80g | Salad Leaves |
| 160g | Peas |

From Your Kitchen

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

1. PREP THE CHICKEN Preheat the oven to 200°C. Place a pan over high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken pieces until browned, 3-4 minutes per side. While the chicken is frying, drain the capers and olives, and roughly chop the dates.

2. ROASTY ROAST In a large baking dish, combine the vinegar, the drained olives, the onion wedges, the drained capers, the chopped dates, the juice of 4 lemon wedges, ½ the chopped oregano, the white wine, 160ml of water, and seasoning. Top with the browned chicken and roast until the chicken is cooked through, 15-20 minutes.

3. LE BAGUETTE Butter the cut-side of the halved baguettes or drizzle with oil. Place on a separate roasting tray, cut-side up, and pop in the hot oven. Bake until warmed through, 3-4 minutes.

4. SALAD CITY Rinse the salad leaves. In a bowl, combine the rinsed salad leaves, the peas, a drizzle of olive oil, a squeeze of lemon juice, and seasoning.

5. BELLE MARBELLA! Plate up a hearty serving of the chicken Marbella. Side with the fresh salad and the crusty baguette. Sprinkle over the remaining oregano. Amazing work, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|----------|
| Energy | 629kJ |
| Energy | 1500kcal |
| Protein | 10.2g |
| Carbs | 14g |
| of which sugars | 3.5g |
| Fibre | 1.8g |
| Fat | 5.4g |
| of which saturated | 1.4g |
| Sodium | 224.7mg |

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol

Cook
within 3
Days