



UCOOK

Lemon & Herb Chicken Bake

with a pickled radish & green bean salad

Lemon-infused chicken, and sweet potato & onion wedges are roasted until mouthwatering perfection, then plated up with a charred green bean, pickled radish & fresh greens salad. If this dish was any easier to make, it would have to roast itself, Chef!


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 Vergelegen | Premium Sauvignon Blanc

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Ingredients & Prep

6	Free-range Chicken Pieces
600g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
2	Onions <i>peeled & cut into thin wedges</i>
30ml	NOMU Roast Rub
45ml	Red Wine Vinegar
60g	Radish <i>rinsed & sliced into thin rounds</i>
2	Lemons <i>rinsed & cut into thick rounds</i>
30g	Sunflower Seeds
300g	Green Beans <i>rinsed, trimmed & halved</i>
60g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. ROAST Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Add the sweet potato pieces and the onion wedges, and coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. PICKLED RADISH In a small bowl, combine the red wine vinegar, 3 tbsp of water, 15ml of sweetener, and seasoning. Add the radish slices and set aside.

3. LEMON FLAVOUR When the roast has been in the oven for 10-15 minutes, scatter over the lemon rounds, and roast for the remaining time until cooked through.

4. SUNFLOWER SEEDS In the final 5-8 minutes, scatter the sunflower seeds over the roast and toast in the oven for the remaining time.

5. GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

6. SOME FRESHNESS Discard some of the pickling liquid from the bowl with the radish. Add the shredded salad leaves, and the charred green beans. Add a drizzle of olive oil, toss to combine, and season.

7. DINNER IS READY Plate up the loaded lemony roast, and side with the warm salad. Well done, Chef!



Chef's Tip

Reserve the pickling liquid from the pickled radish, store it in the fridge, and use it for another meal!

Nutritional Information

Per 100g

Energy	463kj
Energy	111kcal
Protein	8.5g
Carbs	7g
of which sugars	3.2g
Fibre	1.6g
Fat	5g
of which saturated	1.3g
Sodium	99mg

Allergens

Allium, Sulphites

Cook
within 3
Days