



UCOOK

Jerk Chicken Roast

**with pumpkin chunks, black pitted olives
& tzatziki**

There are a million and one reasons you will love this recipe, Chef, starting with only needing one cooking tray! This will be where the culinary magic happens, as the oven turns the chicken golden, roasts the pumpkin & onion wedges, lightly chars the bell pepper pieces, and infuses everything with Old Stone Mill Jerk Seasoning. Served with tzatziki and fresh mint.

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Kate Gomba

Carb Conscious

Deetlefs Wine Estate | Deetlefs Estate White
MCC

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Ingredients & Prep

| | |
|-------|---|
| 8 | Free-range Chicken Pieces |
| 30ml | Old Stone Mill Jerk Seasoning |
| 800g | Pumpkin Chunks |
| 2 | Onions <i>peel & cut into thin wedges</i> |
| 2 | Bell Peppers <i>rinse, deseed & cut into bite-sized pieces</i> |
| 120g | Pitted Black Olives <i>drain</i> |
| 40g | Pumpkin Seeds |
| 160ml | Tzatziki |
| 10g | Fresh Mint <i>rinse & pick</i> |

From Your Kitchen

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

1. ONE TRAY Preheat the oven to 200°C. Pat the chicken dry with paper towel. In a bowl, combine the chicken, the jerk seasoning, a drizzle of oil, and seasoning. Spread pumpkin chunks, and the onion wedges on a separate roasting tray, coat in oil, and seasoning. Place the chicken on another roasting tray). Roast in the hot oven until golden and cooked through, 35-40 minutes (shifting halfway). Alternatively: Air fry at 200°C until cooked through, 30-35 minutes (shifting halfway.)

2. PREP THE PEPPERS In a bowl, coat the pepper pieces in oil and season. When the roast has 10-15 minutes to go, scatter over the peppers, and roast until lightly charred.

3. OLIVES & SEEDS When the roast has 3-5 minutes to go, scatter over the drained olives, and the pumpkin seeds.

4. DINNER IS READY Dish up the roast and top with dollops of tzatziki. Garnish with the picked mint and cheers, 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 | 351kj |
| Energy | 84kcal |
| Protein | 6.6g |
| Carbs | 6g |
| of which sugars | 2.9g |
| Fibre | 1.5g |
| Fat | 3.8g |
| of which saturated | 1g |
| Sodium | 67mg |

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days