



UCCOOK

Garlic & Herb Grilled Chicken

with potato wedges & Greek-style salad

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	475kJ	3896kJ
Energy	114kcal	932kcal
Protein	8.5g	69.6g
Carbs	7g	57g
of which sugars	1.4g	11.6g
Fibre	1.4g	11.3g
Fat	6.1g	49.7g
of which saturated	1.8g	14.8g
Sodium	197mg	1616mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1		[Serves 2]
1	1	Garlic Clove <i>peel & grate</i>
6g	10g	Mixed Herbs <i>rinse, pick & finely chop</i>
10ml	20ml	Lemon Juice
200g	400g	Potato <i>rinse & cut into wedges</i>
20ml	40ml	Spice Blend <i>(10ml [20ml] NOMU The Roast Chicken, 5ml [10ml] Ground Paprika & 5ml [10ml] Dried Thyme)</i>
2	4	Free-range Chicken Pieces
1	1	Tomato <i>rinse & cut into wedges</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
30g	60g	Pitted Kalamata Olives <i>drain</i>
20g	40g	Salad Leaves <i>rinse</i>
50ml	100ml	Greek Dressing
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. FOR THE CHICKEN Preheat the oven to 200°C. Put a pan on medium heat with a knob of butter. Once melted, fry the garlic until fragrant for 30-60 seconds. Remove from the pan and add into a bowl. Add in the chopped herbs, lemon juice and season. Mix until everything is well combined.

2. SPICE-INFUSED SPUDS Spread the potato on a roasting tray. Coat in oil, ¼ of the spice blend and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

3. GARLIC & HERB CHICKEN Spread the chicken pieces on another roasting tray. Pat the chicken dry with paper towel. Coat in oil, the remaining spice blend, and seasoning. Roast in the hot oven along with the potatoes until golden, 25-30 minutes (shifting halfway). When the chicken is halfway cooked, baste with ½ the garlic and herb mixture then return to the oven. Once the chicken is done roasting, remove from the oven; baste with the remaining garlic and herb mixture before serving.

4. GREEK SALAD In a bowl, combine the tomatoes, cucumber, olives and salad leaves. Drizzle over the Greek dressing and toss until everything is well coated. Season and set aside.

5. WHAT A MEAL! Plate up the garlic and herb grilled chicken and wedges. Place your salad alongside and finish with the feta scattered on top. Dinner is ready, Chef!