



UCCOOK

Glossy Apricot Chicken

with lemony loaded couscous

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	542kJ	4181kJ
Energy	130kcal	1000kcal
Protein	8.5g	65.5g
Carbs	14g	106g
of which sugars	3.9g	30.4g
Fibre	2.1g	16.5g
Fat	4.5g	34.8g
of which saturated	1.1g	8.2g
Sodium	228mg	1071mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
10ml	20ml	Spice Mix <i>(7.5ml [15ml] NOMU Rub & 2.5ml [5ml] Chilli Flakes)</i>
20ml	40ml	Apricot Jam
75ml	150ml	Couscous
10g	20g	Almonds <i>roughly chop</i>
50g	100g	Corn
1	1	Onion <i>peel & roughly slice ½ [1]</i>
1	1	Lemon <i>rinse, zest & cut into wedges</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. SPICY APRICOT CHICKEN Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the spice mix, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 3-5 minutes, smear the jam over the chicken and return to the oven until lightly charred and glossy. Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

2. COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

3. TOAST Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. VEGGIE MEDLEY Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the corn and onion until golden and soft, 5-6 minutes (shifting occasionally). Remove from the heat and season. Combine the corn mixture with the couscous, nuts, zest and a squeeze of lemon juice (to taste).

5. TIME TO DINE Plate up the lemon couscous, side with the glossy apricot chicken, and garnish with the coriander. Finish with a squeeze of lemon juice (to taste) 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.