



# 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.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Carb Conscious

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Deetlefs Wine Estate | Deetlefs Estate White  
MCC

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## Ingredients & Prep

4	Free-range Chicken Pieces
15ml	Old Stone Mill Jerk Seasoning
400g	Pumpkin Chunks
1	Onion <i>peel &amp; cut into thin wedges</i>
1	Bell Pepper <i>rinse, deseed &amp; cut into bite-sized pieces</i>
60g	Pitted Black Olives <i>drain</i>
20g	Pumpkin Seeds
80ml	Tzatziki
5g	Fresh Mint <i>rinse &amp; 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 one side of the roasting tray, coat in oil, and seasoning. Place the chicken on the other side of the tray. Roast in the hot oven until golden and cooked through, 30-35 minutes (shifting halfway). Alternatively: Air fry at 200°C until cooked through, 25-30 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