



# UCOOK

## Charred Miso Chicken Traybake

with black rice, aubergine & a soy-sesame dressing

This miso-basted crispy chicken traybake is on another level of yum! With its crunchy charred green beans, soft onion, roasted aubergine, spicy chilli, and sprinkles of crunchy sesame seeds, it is unmatched! It is served with red rice and drizzled with a delectable soy sauce, sesame oil and lime dressing.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Fan Faves

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 Creation Wines | Creation Chardonnay 2022

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## Ingredients & Prep

60ml	Miso Paste
40ml	NOMU Oriental Rub
20ml	White Sesame Seeds
2	Fresh Chillies <i>deseeded &amp; roughly chopped</i>
8	Free-range Chicken Drumsticks
1kg	Aubergine <i>rinsed, trimmed &amp; cut into wedges</i>
2	Onions <i>peeled &amp; cut into thin wedges</i>
320g	Green Beans <i>rinsed, trimmed &amp; halved</i>
400ml	Black Rice
80ml	Soy-sesame Dressing <i>(40ml Low Sodium Soy Sauce &amp; 40ml Sesame Oil)</i>
60ml	Lime Juice

## From Your Kitchen

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

**1. MISO CHICKEN & VEGGIES** Preheat the oven to 200°C. In a large bowl, combine the miso paste, Oriental rub, ½ of the sesame seeds, chopped chilli (to taste), a good drizzle of oil and a pinch of salt. Add in the chicken drumsticks, aubergine wedges, onion wedges, halved green beans and more oil, if required. Gently massage the miso mixture onto the chicken and the veggies until coated. Evenly spread out in a large roasting tray, making sure to use all the miso dressing. Place in the hot oven and roast for 35-40 minutes until the chicken and veg are fully cooked and starting to char.

**2. RICE, RICE BABY!** Rinse the rice and place in a pot with 1,2L of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid.

**3. TOASTY SEEDS** Place the remaining sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**4. ZINGY SOY DRESSING** In a small bowl, place the soy-sesame dressing, 30ml of a sweetener of choice, and the lime juice (to taste). Mix until fully combined.

**5. "TRAY" DELISH!** Plate up some bouncy rice and side with the sticky, miso chicken and veg. Drizzle over the zingy soy-sesame dressing to taste and sprinkle over the toasted sesame seeds. Get stuck in, Chef!

## Nutritional Information

Per 100g

Energy	796kJ
Energy	190kcal
Protein	11.1g
Carbs	20g
of which sugars	1.6g
Fibre	2.7g
Fat	7.2g
of which saturated	2.3g
Sodium	326mg

## Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook  
within 3  
Days