



# UCOOK

## Chicken, Roast Cabbage & Veg

with almonds & Danish-style feta

A hearty chicken roast dinner that's easy to make and even easier to eat. Chunks of roasted beetroot and butternut sit next to crispy chicken pieces, topped with crunchy cabbage. Sided with a minty salad containing pops of fresh peas and creamy feta.

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**Hands-on Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Creation Wines | Creation Viognier 2022

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## Ingredients & Prep

|      |                                                                                        |
|------|----------------------------------------------------------------------------------------|
| 600g | Butternut Chunks<br><i>cut into bite-sized pieces</i>                                  |
| 600g | Beetroot<br><i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized chunks</i> |
| 6    | Free-range Chicken Pieces                                                              |
| 300g | Cabbage<br><i>cut into large chunks</i>                                                |
| 30ml | NOMU Poultry Rub                                                                       |
| 90g  | Almonds                                                                                |
| 150g | Peas                                                                                   |
| 60g  | Green Leaves<br><i>rinsed</i>                                                          |
| 12g  | Fresh Mint<br><i>rinsed, picked &amp; roughly chopped</i>                              |
| 90g  | Danish-style Feta<br><i>drained &amp; crumbled</i>                                     |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. LIVING ON THE VEG** Preheat the oven to 200°C. Boil the kettle. Spread the butternut pieces and beetroot chunks on a roasting tray. Coat in oil and season. Pop in the hot oven and roast for 40-45 minutes until cooked through and slightly crispy, shifting halfway.

**2. IN GOES THE CHICKEN & CABBAGE** Pat dry the chicken pieces with paper towel. Place on a separate roasting tray with the cabbage chunks. Coat in oil, the rub, and season. Roast in the oven for 30-35 minutes.

**3. CHOP CHOP** Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside. Roughly chop when cool enough to handle.

**4. CAN I HAVE SOME MORE, PEAS?** Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain and toss with the rinsed leaves, the chopped mint, a drizzle of oil and  $\frac{3}{4}$  of the crumbled feta. Season and set aside until serving.

**5. WINNER DINNER!** Plate up the crispy chicken pieces, side with the roasted veg and scatter the cabbage over the roast. Pile up the mint & pea salad on the side and scatter over any remaining feta. Garnish it all with the toasted almonds, and there you have it!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 495kJ   |
| Energy             | 118kcal |
| Protein            | 8.2g    |
| Carbs              | 6g      |
| of which sugars    | 2.1g    |
| Fibre              | 2.3g    |
| Fat                | 6.1g    |
| of which saturated | 1.6g    |
| Sodium             | 112mg   |

## Allergens

Dairy, Allium, Tree Nuts

Cook  
within 3  
Days