



UCOOK

Orange Glazed Chicken Thighs

with loaded fried quinoa

Christmas came early! Full on flavour chicken thighs are roasted to golden perfection & glazed with a festive-spice orange marinade for a fragrant & sticky finish. Accompanied by a delicious, hearty quinoa "fried rice" with pops of peas, green beans, and crunchy almonds all served on a bed of crispy kale. So tasty, no one will even notice how healthy it is!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

2	Free-range Chicken Thighs
75ml	Red Quinoa
37,5ml	Festive Spice <i>(2,5ml Ground Allspice, 2,5ml Ground Ginger, 2,5ml Ground Cinnamon & 30ml Brown Sugar)</i>
50ml	Marinade <i>(5ml Dijon Mustard, 40ml Orange Juice & 5ml Apple Cider Vinegar)</i>
50g	Kale
80g	Green Beans
1	Red Onion
10ml	NOMU One For All Rub
50g	Peas
10g	Slivered Almonds

From Your Kitchen

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

1. OH, THIGH THERE! Preheat the oven to 220°C. Place the chicken thighs on a roasting tray. Pat dry with paper towel. Coat in oil and season. Roast in the hot oven for 25-30 minutes.

2. ON A ROLL While the chicken is roasting, rinse the quinoa and place in a pot. Submerge in 200ml of salted water and place over medium-high heat. Pop on the lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. Drain if necessary and return to the pot.

3. PREP COOK DUTIES In a small bowl, combine the festive spice and the marinade. Set aside. Rinse and roughly shred the kale. Season, coat in oil, and spread out on a roasting tray. Using your hands, gently massage the kale until softened and coated in oil. Rinse, trim, and slice the green beans into thirds. Peel and roughly dice ½ the onion.

4. PREPARE TO BE A-GLAZED When the chicken has 10 minutes remaining, remove the tray from the oven and give it a shift. Coat the chicken with the festive marinade. Pop back in the hot oven along with the tray of kale. Roast for the remaining time until the chicken is cooked through & sticky and the kale is crispy.

5. KEEN-WOAH! Place a large pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and the sliced green beans. Fry for 4-5 minutes until softened and browned, shifting occasionally. Add the rub and fry for 1 minute until fragrant, shifting constantly. Add the cooked quinoa and the peas. Fry for 1-2 minutes until the peas are warmed through, shifting occasionally. Season to taste.

6. RUN THE DISH Make a bed of the crispy kale. Top with the loaded quinoa and sticky chicken thighs. Drizzle over any remaining roasting juices. Sprinkle over the slivered almonds. Amazing, Chef!



Chef's Tip

If you would like to toast your slivered almonds, place them in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally.

Nutritional Information

Per 100g

Energy	662kj
Energy	158kcal
Protein	10.9g
Carbs	15g
of which sugars	6.3g
Fibre	2.7g
Fat	6.4g
of which saturated	1.4g
Sodium	94mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days