



UCOOK

Taste-Of-Tunisia Harissa Chicken

with caramelised carrot wedges & a sweet 'n spicy yoghurt drizzle

Harissa is a fragrant Tunisian chilli paste, and we're in love with its vibrant flavour profile! Here it is used to marinate succulent chicken drumsticks and to infuse a honey & yoghurt salad dressing. Accompanied by a carrot, chickpea and onion roast.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Waterford Rose-Mary 2022

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Ingredients & Prep

2	Free-range Chicken Drumsticks
20ml	Pesto Princess Harissa Paste
240g	Carrots <i>trimmed, peeled (optional) & cut into long wedges</i>
1	Onion <i>½ peeled & cut into wedges</i>
80g	Baby Tomatoes <i>halved</i>
60g	Chickpeas <i>drained & rinsed</i>
20g	Salad Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
17,5ml	Sweet Yoghurt Dressing <i>(15ml Plain Yoghurt & 2,5ml Honey)</i>
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. HARISSA MARINADE Preheat the oven to 200°C. In a bowl for marinating the chicken, combine ½ of the harissa paste with a drizzle of oil and some seasoning. Pat the chicken dry with paper towel and toss through the marinade until well coated.

2. VEGGIE HEAVEN Place the carrot and onion wedges on a roasting tray. Coat in oil, season, and spread out evenly. Place the marinated chicken on top of the veggies. Roast in the hot oven for 30-35 minutes. Place the halved baby tomatoes in a salad bowl with a drizzle of oil and some seasoning. Toss to coat and set aside. Place the drained chickpeas in a bowl. Coat in oil, season, and set aside.

3. I DON'T MEAN TO ROAST BUT... When the roast has been in for about 10 minutes, remove from the oven and give it a shift. Scatter over the chickpeas, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the chickpeas should be crispy, and the carrots and onions should be cooked through and caramelised.

4. BUTTER ME UP When the roast veg has 10-15 minutes remaining, place a pan that has a lid over a medium heat and add a drizzle of oil. When hot, fry the chicken breast on one side for 5-6 minutes until golden and lightly charred. Flip, pop on the lid, and fry for a further 5-6 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter. Remove from the heat and set aside to rest in the pan for 5 minutes before slicing.

5. CRISP SALAD & SPICY DRESSING Add the rinsed salad leaves and sliced radish to the bowl of tomatoes. Toss until well coated and set aside for serving. In a small bowl, combine the sweet yoghurt dressing with the remaining harissa paste. Loosen with water in 5ml increments until drizzling consistency and season to taste with salt.

6. GRAB A HEARTY HELPING Lay out the juicy chicken and drizzle with some harissa dressing. Alongside it, plate the carrot wedges, crispy chickpeas, and charred onion. Serve the fresh salad on the side with more splatters of harissa dressing. Garnish with the chopped mint and enjoy the fruits of your labour!

Nutritional Information

Per 100g

Energy	396kJ
Energy	95kcal
Protein	6.8g
Carbs	7g
of which sugars	3.3g
Fibre	2g
Fat	4g
of which saturated	1g
Sodium	68mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days