



UCCOOK

Tones' Chicken Roast

with white basmati rice & green beans

Chicken pieces are oven-roasted in a tomato-based sauce amped up with Mrs Ball's chutney, Dijon mustard and white sesame seeds. Served atop a heap of steaming white basmati rice and sided with perfectly charred green beans & crumbled feta. Now that's a wow weeknight dinner!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tone

 Fan Faves

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

50ml	Basting Sauce <i>(40ml Mrs Ball's Chutney, 5ml Dijon Mustard & 5ml White Wine Vinegar)</i>
100ml	Tomato Passata
15ml	Cake Flour
2	Free-range Chicken Thighs
5ml	White Sesame Seeds
100ml	White Basmati Rice <i>rinsed</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
40g	Danish-style Feta <i>drained</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. BASTING SAUCE Preheat the oven to 200°C. In a bowl, combine the basting sauce with the tomato passata, 50ml water, a drizzle of oil, a sweetener, and seasoning. Set aside.

2. ROAST THE CHICKEN Place the flour into a shallow bowl. Pat the chicken dry with paper towel, season, and lightly coat with the flour. Place into an ovenproof dish and lightly drizzle oil over the chicken. Place in the hot oven to roast for 30-35 minutes (shifting half-way). When the chicken has been in for 10-15 minutes, pour over the tomato sauce mixture, sprinkle with the sesame seeds, and return to the oven for the remaining cooking time.

3. START THE RICE Place the rinsed rice in a pot with 200ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

4. CHARRED GREENS While the chicken is in the oven, place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

5. CREAMY FETA Crumble the drained feta over the cooked green beans before serving.

6. GRAB THE PLATES Serve up a pile of the steaming rice and top with the tomato roasted chicken. Side with the feta & green beans and garnish with the chopped parsley.



Chef's Tip

Air fryer method: Air fry the flour-coated chicken, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway). Add the tomato sauce mix and sesame seeds at the halfway mark.

Nutritional Information

Per 100g

Energy	719kJ
Energy	172kcal
Protein	11.3g
Carbs	17g
of which sugars	5.3g
Fibre	1.3g
Fat	6.9g
of which saturated	2.4g
Sodium	164mg

Allergens

Gluten, Dairy, Sesame, Wheat,
Sulphites

Cook
within 3
Days