

# QCOOK

## Roast Chicken & Baby Potatoes

with sun-dried tomatoes & **NOMU One For All Rub**

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	455kj	3163kj
Energy	109kcal	756kcal
Protein	8.1g	56.5g
Carbs	9g	63g
of which sugars	2.7g	19.1g
Fibre	1.1g	7.8g
Fat	4.6g	31.8g
of which saturated	1.2g	8.2g
Sodium	192mg	1005mg

**Allergens:** Sulphites, Allium

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
1	1	Onion <i>peel &amp; cut into thin wedges</i>
250g	500g	Baby Potatoes <i>rinse &amp; halve</i>
10ml	20ml	NOMU One For All Rub
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
10ml	20ml	Lemon Juice

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. ROAST** Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel and scatter over the onion and potatoes. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. JUST BEFORE SERVING** In a bowl, combine the salad leaves, the sun-dried tomatoes, the lemon juice (to taste), and seasoning.

**3. DINNER IS READY** Dish up the roasted chicken, potatoes and onions, and serve alongside the simple salad. Well done, Chef!

**Chef's Tip** To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.