



UCOOK

Baby Tomato Chicken Bake

with butternut mash & roasted kale

NOMU Roast Rub-spiced chicken, onion & baby tomatoes are oven roasted until 100% tasty. Dressed kale also joins the culinary party until crispy. These join the plate with smooth butternut mash, then everything is finished with a scattering of fresh oregano. You will love this, Chef!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Thea Richter

 Fan Faves

 Strandveld | Pofadderbos Sauvignon Blanc

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Ingredients & Prep

4	Free-range Chicken Pieces <i>pat dry</i>
160g	Baby Tomatoes
1	Red Onion <i>peeled & cut into wedges</i>
15ml	NOMU Roast Rub
60g	Pickled Bell Peppers <i>drained & roughly chopped</i>
500g	Butternut Chunks <i>cut into bite-sized pieces</i>
20g	Almonds <i>roughly chopped</i>
100g	Kale <i>rinsed & roughly shredded</i>
8g	Fresh Oregano <i>rinsed & picked</i>

From Your Kitchen

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

1. THE ROAST WITH THE MOST Preheat the oven to 200°C. Boil the kettle. Place the chicken pieces, the baby tomatoes, and the onion wedges in a baking dish. Coat in oil, the NOMU rub, and seasoning. Pour 50ml of boiling water around the chicken. Roast in the hot oven until the chicken is cooked through, 30-35 minutes. When the roast is halfway, add the chopped pickled peppers to the tray and crush the baby tomatoes with a fork.

2. BOIL THE BUTTERNUT Place the butternut pieces in a pot of salted water over medium-high heat. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

3. ALL THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. HAIL, THE KALE Place the shredded kale on a roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated in oil.

5. DRESSED FOR DINNER When the roast has 10 minutes remaining, pop the tray of dressed kale in the hot oven and roast until crispy.

6. A HEARTY MEAL Plate up the butternut mash. Serve with the roasted chicken & veg. Side with the crispy kale. Sprinkle over the picked oregano and the toasted almonds. Dive in, Chef!

Nutritional Information

Per 100g

Energy	431kJ
Energy	103kcal
Protein	7.8g
Carbs	7g
of which sugars	2.3g
Fibre	1.8g
Fat	4.7g
of which saturated	1.1g
Sodium	116mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days