

# UCCOOK

## Taste-of-Tunisia Chicken

with a veggie roast & chermoula-yoghurt drizzle

We're in love with chermoula's colourful flavour. Here, it's used to marinate succulent chicken pieces before being oven roasted alongside carrots, chickpeas, and onions. Sided with a fresh tomato salad and finished off with a chermoula-yoghurt drizzle.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes


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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Carb Conscious

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 Domaine Des Dieux | Chardonnay 2019

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## Ingredients & Prep

8	Free-range Chicken Pieces
60ml	Pesto Princess Chermoula Paste
960g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
2	Onions <i>peel &amp; cut into wedges</i>
320g	Baby Tomatoes <i>rinse &amp; halve</i>
240g	Chickpeas <i>drain &amp; rinse</i>
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
60ml	Low Fat Plain Yoghurt
10g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. MARINATE** Preheat the oven to 200°C. Pat the chicken dry with paper towel. In a bowl, combine ½ the chermoula paste with a drizzle of oil and seasoning. Toss the chicken through the marinade and set aside.

**2. ROAST** Coat the carrot & onion wedges in oil and seasoning. Spread the dressed carrot & onion wedges and the marinated chicken pieces on a roasting tray. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**3. DRESS** In a bowl, toss together the halved baby tomatoes, a drizzle of olive oil, and seasoning. Set aside. In a separate bowl, combine the drained chickpeas with a drizzle of oil and seasoning. Set aside.

**4. MIX** Add the rinsed salad leaves to the bowl of dressed tomatoes and toss to coat. In a small bowl, combine the yoghurt with the remaining chermoula paste, seasoning, and 20ml of sweetener. Loosen with water in 5ml increments until drizzling consistency.

**5. SCATTER** When the roast has been in for 15 minutes, remove from the oven and give it a shift. Scatter over the dressed chickpeas and return to the oven for the remaining time.

**6. FEAST!** Plate up the chicken and drizzle over the chermoula dressing. Side with the roasted carrot & onion wedges and the crispy chickpeas. Serve with the fresh salad drizzled with any remaining chermoula dressing. Garnish with the chopped mint and enjoy!



## Chef's Tip

Air fryer method: Air fry the dressed chicken, skin-side up, at 200°C until cooked through, 20-25 minutes (shifting halfway). Next, air fry the dressed veg at 200°C until crispy, 25-35 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	424kJ
Energy	101kcal
Protein	7.7g
Carbs	6g
of which sugars	2.7g
Fibre	1.9g
Fat	4.7g
of which saturated	1.1g
Sodium	35mg

## Allergens

Allium, Cow's Milk

Cook  
within 3  
Days