



# UCOOK

## Roast Chicken & Crispy Kale

**with beetroot, dried pomegranate gems  
& a lemony-yoghurt dressing**

It's a mouthwatering meal consisting of oven-roasted chicken & a veggie medley, sided with an avo, green bean, carrot & toasted sunflower seed salad. A lemon-yoghurt dip completes this culinary vision!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Carb Conscious

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 Paserene | Bright Chardonnay

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## Ingredients & Prep

1	Free-range Chicken Leg Quarter
150g	Beetroot <i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
5ml	NOMU Poultry Rub
50g	Kale <i>rinsed &amp; roughly shredded</i>
10g	Sunflower Seeds
1	Avocado
1	Lemon <i>½ zested &amp; cut into wedges</i>
80g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
120g	Carrot <i>rinsed, trimmed, &amp; peeled into ribbons</i>
50ml	Low Fat Plain Yoghurt
5g	Dried Pomegranate Gems

## From Your Kitchen

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

**1. THE ROAST WITH THE MOST** Preheat the oven to 200°C. Pat the chicken dry with paper towel. Place on a roasting tray along with the beetroot chunks. Coat in oil, the rub and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until coated. Set aside.

**2. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

**3. HAVO SOME AVO** Halve the avocado and set aside one of the halves for another meal. Cut into bite-sized chunks, add a squeeze of lemon juice, and season.

**4. CRISP UP THE KALE** When the roast has 8-10 minutes remaining, scatter the kale over the tray of veg. Cook for the remaining time until crispy.

**5. BEAN THERE, DONE THAT** Return the pan to a medium-high heat with a splash of water. When starting to bubble, simmer the sliced green beans for 3-4 minutes until cooked al dente. Toss with a drizzle of oil, season, and remove from the pan.

**6. ALMOST THERE** In a bowl, combine the cooked green beans, the carrot ribbons, ½ the toasted sunflower seeds, a squeeze of lemon juice, and seasoning. In a separate bowl, combine the yoghurt and the lemon zest.

**7. WINNER CHICKEN DINNER** Plate up the fresh salad and scatter over the avo chunks. Sprinkle over the remaining sunflower seeds and the dried pomegranate gems. Side with the roast chicken & veg and the lemony yoghurt for dipping. Good job, Chef!



## Chef's Tip

If you have an air fryer, why not use it to cook the chicken and the beetroot? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-30 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

Energy	411kj
Energy	98kcal
Protein	5.5g
Carbs	6g
of which sugars	2g
Fibre	3.1g
Fat	5.8g
of which saturated	1.1g
Sodium	62mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days