



# UCOOK

## CLASSIC CHICKEN ROAST

**with roast baby potatoes & creamy dill  
sauce**

The family favourite that never disappoints: a piping hot, one-tray roast! Finger-licking, crispy-skinned chicken leg quarter, carrots, baby potatoes, onion, and a warm crème fraîche and dill sauce.

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Lauren Todd

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 Easy Peasy

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 No paired wines

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## Ingredients & Prep

3	Baby Onions <i>peeled &amp; halved lengthways</i>
250g	Baby Potatoes <i>rinsed &amp; halved</i>
120g	Carrots <i>peeled (optional) &amp; cut lengthways into short wedges</i>
10ml	NOMU Roast Rub
1	Free-Range Chicken Leg Quarter
15g	Flaked Almonds
40g	Peas
20g	Green Leaves <i>rinsed</i>
1	Balsamic Vinegar Sachet
50ml	Crème Fraiche
5g	Fresh Dill <i>rinsed</i>

## From Your Kitchen

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

**1. PREP** If you're using a Weber, prepare enough coals for a hot fire. Pat the ostrich dry with paper towel. In a bowl, combine 150ml of the beer, the rub, ½ the lemon zest, a drizzle of oil, and seasoning. Add the ostrich steak/s and toss until coated. Cover and set aside to marinate for at least 15 minutes.

**2. BREAD** In a small bowl, combine the grated garlic, ½ the chopped parsley, the remaining lemon zest, a squeeze of lemon juice, seasoning, and 20/40/60/80ml of oil. Place the halved baguette/s, cut-side down, on a chopping board and cut 4 horizontal incisions along the top of the baguette - don't cut all the way through! Smear each incision with the garlic oil.

**3. SALAD** In a salad bowl, combine the rinsed green leaves, the drained feta, the crispy onions, the halved baby tomatoes, the truffle vinaigrette (to taste), a drizzle of oil, and seasoning. Set aside.

**4. WEBER BRAAI OPTION** If cooking on the Weber, once the coals are ready and your grid is cleaned down, place the marinated ostrich steak/s (reserving the marinade in the bowl) over the hottest area of the coals. Braai the steak/s for 4-5 minutes for rare, 5-7 minutes for medium-rare, or 7-8 minutes for medium. Flip and baste the steak with the reserved marinade every 2 minutes. Remove from the grid and rest for 5 minutes. Season and thinly slice. While the steak is braaing, place the garlic bread/s over a cooler part of the coals. Braai for 10-15 minutes until browned and heated through, turning every 5 minutes.

**5. STOVE-TOP OPTION** If you're cooking on the stove-top, place a pan or griddle pan over medium-high heat with a drizzle of oil. When hot, fry the steak/s (reserving the marinade in the bowl) for 2-3 minutes per side or until browned all over and cooked to your preference. In the final 1-2 minutes, add the reserved marinade and baste the steak/s. Remove from the pan and rest for 5 minutes before slicing and seasoning. While the steak is frying, place a pan over medium-high heat. When hot, add the garlic bread/s and brown for 10-15 minutes, flipping every 5 minutes.

**6. DIG IN** Plate up the ostrich slices drizzled with any remaining marinade. Sprinkle over the remaining chopped parsley. Side with the dressed salad, the garlic bread, and any remaining lemon wedges. Cheers, Chef!



## Chef's Tip

Pop on the grill for the last 3-5 minutes of roasting to really get the chicken and veggies crispy. Watch carefully though, they can burn easily!

## Nutritional Information

Per 100g

Energy	571kJ
Energy	137kcal
Protein	7g
Carbs	8g
of which sugars	3g
Fibre	2g
Fat	7g
of which saturated	2g
Sodium	0mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days