

QCOOK

Garlic Chicken & Roast Baby Potatoes

with a mushroom salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	285kj	1911kj
Energy	68kcal	457kcal
Protein	6.7g	44.9g
Carbs	7g	48g
of which sugars	2g	12g
Fibre	1g	8g
Fat	1g	7g
of which saturated	0.2g	1.4g
Sodium	99mg	665mg

Allergens: Sulphites, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
5ml	10ml	NOMU Roast Rub
125g	250g	Button Mushrooms <i>wipe clean & cut in half</i>
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	Spice Blend <i>(2,5ml [5ml] NOMU Cajun Rub & 2,5ml [5ml] Garlic Powder)</i>
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
20ml	40ml	Vinaigrette <i>(15ml [30ml] Vinegar & 5ml [10ml] Mustard)</i>
30ml	60ml	Carb Smart 1000 Islands Dressing

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. ROAST POTATOES Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Lightly coat with cooking spray or oil (optional), NOMU rub, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. GOLDEN MUSHIES Place a pan over medium-high heat. Lightly spray the mushrooms with cooking spray or oil (optional). When hot, fry the mushrooms until golden, 5-7 minutes (shifting occasionally). Remove from the pan and season.

3. CHICKEN Return the pan to medium heat. Pat the chicken dry with paper towel and lightly coat with cooking spray or drizzle with oil (optional) and the spice blend. Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

4. JUST BEFORE SERVING In a salad bowl, combine the salad leaves, cucumber, mushrooms, vinaigrette and seasoning.

5. TIME TO DINE Plate up the roasted potatoes, top with the chicken, and drizzle over the dressing. Serve alongside the mushroom salad and cheers, Chef!