



UCOOK

Cider Roast Chicken

with grapes, carrot wedges, fresh sage & goat's cheese

Get the festive feelings flowing with our crispy chicken pieces stuffed with goat's cheese, walnuts, honey, lemon zest, garlic, fresh sage, and rosemary. Roasted with grapes and apple, and basted with cider - it's Christmas on a plate!

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Thea Richter

 Easy Peasy

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

240g	Carrot <i>peeled (optional) & cut into wedges</i>
2,5ml	Honey
10g	Walnuts
25g	Chevin Goat's Cheese
3g	Fresh Rosemary <i>rinsed, picked & finely chopped</i>
3g	Fresh Sage <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
1	Garlic Clove <i>peeled & grated</i>
2	Free-range Chicken Pieces
1	Apple
1	Cider <i>(you won't be using all of it)</i>
40g	Green Leaves <i>rinsed & thinly shredded</i>
100g	Grapes <i>rinsed & halved</i>

From Your Kitchen

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

1. WEDGES Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up.

2. NUTS Place a pan over a medium heat. Add the walnuts and the honey and fry for 3-4 minutes until toasted and caramelised, shifting occasionally. Remove from the pan and spread out in a single layer on a chopping board. Roughly chop when hardened slightly.

3. STUFFING In a small bowl, add the goat's cheese, the chopped rosemary, the chopped sage, some lemon zest, the grated garlic, and some seasoning. Mix until fully combined. Add the chopped walnuts once they are cooled.

4. PREP Pat the chicken pieces dry with some paper towel and place on a chopping board. Using a sharp knife, make a small, horizontal incision in the skin of each piece. Using your finger or the knife, gently pull the skin and the flesh apart to make little pockets for the stuffing underneath the skin. Using a small spoon or your fingers, gently fill each pocket with the goat's cheese stuffing - don't worry if it spills out. Coat each piece in a drizzle of oil and some seasoning.

5. ROASTIN' Slice a quarter of the rinsed apple into thin wedges. On a roasting tray, place the halved grapes, ½ the sliced apple and any remaining goat's cheese stuffing. Drizzle with oil and season. Top with the stuffed chicken pieces and pour over 50ml of cider. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, basting the chicken with the cider halfway through.

6. SALAD In a salad bowl, place the remaining sliced apple and the shredded green leaves. Add a drizzle of olive oil, a squeeze of lemon juice and some seasoning. Toss until fully combined.

7. FESTIVE FEAST! Make a bed of roasted grapes and apples. Top with the succulent stuffed chicken pieces, side with carrot wedges and pour over any remaining cider from the tray to taste. Side with the fresh salad and any remaining lemon wedges. Dig in!



Chef's Tip

If you find your cider is still very liquid when the chicken is finished cooking, simply pour it into a pan and allow it to reduce for a few minutes until the desired consistency.

Nutritional Information

Per 100g

Energy	540kj
Energy	129Kcal
Protein	3.7g
Carbs	11g
of which sugars	2.5g
Fibre	1.4g
Fat	2.9g
of which saturated	0.9g
Sodium	23mg

Allergens

Dairy, Allium, Tree Nuts, Alcohol

Cook
within 3
Days