



UCCOOK

Zevenwacht's Lemon & Herb Chicken

with roasted broccoli & honeyed nuts

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Zevenwacht Wines

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	571kJ	4048kJ
Energy	137kcal	968kcal
Protein	9g	64.2g
Carbs	9g	67g
of which sugars	5g	35.2g
Fibre	1.5g	10.9g
Fat	6.5g	46.2g
of which saturated	2.1g	15.1g
Sodium	83mg	591mg

Allergens: Cow's Milk, Sulphites, Tree Nuts, Sugar
Alcohol (Sweetener)

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
250g	500g	Sweet Potato <i>rinse, peel & cut into bite-sized chunks</i>
40ml	80ml	Colleen's Handmade Lemon & Herb Sauce
15g	30g	Almonds <i>roughly chop</i>
15ml	30ml	Honey
100g	200g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
10ml	20ml	Lemon Juice
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter (optional)

1. **LEMON & HERB HEAVEN** Preheat the oven to 200°C. Pat the chicken dry with paper towel and place on a roasting tray with the sweet potato. Coat everything in oil and season. Roast in the hot oven until golden and crispy, 30-35 minutes (shifting halfway). When the roast has 5 minutes remaining, pour the lemon & herb sauce over the chicken, ensuring it all gets basted in the sauce.

2. **HONEYED ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the heat and add the honey and a little bit of salt. Allow it to caramelise slightly in the warm pan, shifting occasionally. Set aside.

3. **BUTTERY BROCCOLI** Place another pan over medium heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli until lightly charred, 5-6 minutes (shifting occasionally). Remove from the pan and add the lemon juice (to taste). Season.

4. **CHEF'S SPECIAL** Plate up the broccoli, crumbling over the feta and topping with the honeyed nuts. Side with the sweet potato and the chicken pieces. Grub is up, Chef!