

QCOOK

BBQ Chicken & Blue Cheese Dressing

with onion rings & baby marrow fries

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	372kj	3444kj
Energy	89kcal	824kcal
Protein	6.4g	59.5g
Carbs	5g	51g
of which sugars	2.6g	23.7g
Fibre	1.4g	12.6g
Fat	4.7g	43.8g
of which saturated	1g	9.6g
Sodium	99mg	920mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
15ml	30ml	NOMU BBQ Rub
10g	20g	Almonds <i>roughly chop</i>
200g	400g	Baby Marrow <i>rinse, trim & cut into wedges</i>
1	1	Onion <i>peel & cut ½ [1] into rounds</i>
20ml	40ml	Cornflour
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into thin strips</i>
40ml	80ml	Blue Cheese Dressing

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

1. INTO THE OVEN Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. ALL THE ALMONDS Place the almonds in a pot, large enough for the onion rings, over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BABY MARROW Place a pan over medium heat with a drizzle of oil. When hot, fry the baby marrow until charred, 3-4 minutes per side. Remove from the pan and season.

4. ONION RINGS Return the pot to medium-high heat with 4-5 cm of oil. Toss the onion in the cornflour, and seasoning. Carefully lower the coated onion into the hot oil. Fry until golden brown, 1–2 minutes (shifting halfway). Drain on paper towel. Place in the oven to keep warm.

5. NUTTY SALAD In a bowl, combine the salad leaves, peppers, the nuts, a drizzle of olive oil, and seasoning.

6. BRING ON THE BBQ Plate up the BBQ chicken, the charred marrow, and the fresh salad. Top the salad with some of the onion rings and drizzle over the blue cheese dressing. Enjoy, Chef!