



# UCCOOK

## Harissa Chicken & Butternut Mash

**with tahini butternut mash & a fresh salad**

Harissa is a traditional Tunisian paste made from aromatics, chilli & roasted pepper. It really takes this chicken dish up a level, and paired with a tahini-infused butternut mash it's a wonderful weeknight dinner!

---

**Hands-On Time:** 20 minutes

**Overall Time:** 50 minutes

---

**Serves:** 2 People


---

**Chef:** Megan Bure

---

 Easy Peasy

---

 Anthonij Rupert | Cape of Good Hope  
Riebeeksrivier Chenin Blanc

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

2	Free-range Chicken Leg Quarters
1	Lemon <i>zested &amp; cut into wedges</i>
20ml	Ground Cumin
40ml	Pesto Princess Harissa Paste
500g	Butternut <i>deseeded, peeled (optional) &amp; cut into bite-sized chunks</i>
20g	Pumpkin Seeds
20ml	Tahini
8g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
40g	Green Leaves <i>rinsed</i>
40g	Radish <i>rinsed &amp; sliced into thin rounds</i>
80g	Danish-style Feta <i>drained &amp; crumbled</i>

## From Your Kitchen

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

**1. GET ROASTIN'** Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel. Place the chicken on one side of a roasting tray. Coat in oil, a squeeze of lemon juice, the ground cumin, some seasoning and the harissa paste. Place the butternut chunks on the other side of the tray. Coat in oil and some seasoning. Roast in the hot oven for 25-30 minutes until cooked through and becoming crispy, shifting halfway.

**2. POPPIN' SEEDS** Place a pan over a medium heat. Once hot, toast the pumpkin seeds for 3-5 minutes until golden brown, shifting occasionally.

**3. ALL TOGETHER NOW** Once the butternut is cooked, remove from the oven and place in a bowl along with any tray juices. Add in the tahini, a squeeze of lemon juice,  $\frac{3}{4}$  of the chopped coriander, a splash of water or milk and some seasoning. Mash with a fork or potato masher until desired consistency.

**4. FRESH SALAD** Just before serving, toss the rinsed green leaves, radish rounds, a squeeze of lemon juice, a drizzle of oil and some seasoning in a salad bowl.

**5. PLATE IT UP!** Plate up the crispy chicken pieces alongside the butternut mash and the fresh salad. Sprinkle over the remaining coriander and the lemon zest. Garnish with crumbled feta and toasted pumpkin seeds. Nice one, Chef!

## Nutritional Information

Per 100g

Energy	609kJ
Energy	145Kcal
Protein	10.1g
Carbs	7g
of which sugars	1.9g
Fibre	2g
Fat	8.3g
of which saturated	2.6g
Sodium	137mg

## Allergens

Dairy, Allium, Sesame, Sulphites

Cook  
within 3  
Days