



# UCOOK

## Dreamy Harissa Chicken

with toasted baguette rounds & fresh parsley

A dreamy harissa sauce made from sour cream and speckled with pickled peppers & spinach is ladled over roasted chicken pieces. Served with toasty baguette rounds for slurping up all of that delicious sauce. Don't be shy, Chef. It's time to dine!

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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 Fan Faves

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 Waterford Estate | Waterford Rose Mary 2022

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## Ingredients & Prep

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2	Free-range Chicken Pieces
5ml	NOMU Provençal Rub
30ml	Sour Cream
1	Onion <i>½ peeled &amp; roughly diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
15ml	Pesto Princess Harissa Paste
10ml	Red Wine Vinegar
1	Sourdough Baguette <i>½ cut into rounds</i>
100g	Spinach <i>rinsed &amp; roughly shredded</i>
30g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
4g	Fresh Parsley <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. TOASTIN' & ROASTIN'** Preheat the oven to 200°C. Place the chicken pieces on a roasting tray. Pat dry with paper towel. Coat in oil, the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway. Loosen the sour cream with 100ml of water. Set aside.

**2. THE SOURCE OF THE SAUCE** Boil the kettle. When the chicken has 15-20 minutes remaining, place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally.

**3. SPICE IT UP** When the onion is soft, add the grated garlic and the harissa to the pan and fry for 1 minute until fragrant, shifting constantly. Add the vinegar and simmer for 1-2 minutes until almost all evaporated. Add the loosened sour cream. Simmer for 5-6 minutes until slightly reduced and thickening.

**4. GOLDEN & CRISPY** While the sauce is simmering, smear the baguette rounds with butter or drizzle with oil. Place a clean pan over medium heat. When hot, add the baguette rounds, cut-side down, and toast for 1-2 minutes per side until browned. Alternatively, place the baguette rounds in a single layer on a baking tray. Sprinkle with a splash of water and bake in the hot oven for 3-5 minutes until toasted.

**5. WILTING AWAY** When the sauce has reduced, add the shredded spinach, the chopped pickled peppers, and a splash of water to the pan. Simmer for 2-3 minutes until the spinach is wilted. Season to taste.

**6. A COSY DINNER AWAITS!** Plate up the roasted chicken and pour over the harissa sauce. Side with the toasted baguette rounds and sprinkle over the picked parsley. Divine, Chef!

## Nutritional Information

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Per 100g

Energy	631kJ
Energy	151kcal
Protein	10.7g
Carbs	11g
of which sugars	3.2g
Fibre	1.3g
Fat	6.7g
of which saturated	1.9g
Sodium	370mg

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## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days