



UCOOK

Thyme-roasted Chicken & Veg

with lemon juice, roasted beetroot & a parsley yoghurt


They are flavourful, make beautiful garnishes & packed full of nutrients. That's right, we're talking about fresh herbs. In this recipe, we use two of the most popular ones (parsley & thyme) to turn a delicious roast veggie & chicken dinner to an absolute winner. Drizzled with a lemon-parsley yoghurt.


Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Thea Richter

 Carb Conscious

 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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Ingredients & Prep

400g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
4	Free-range Chicken Pieces <i>pat dry</i>
5g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
20ml	NOMU Poultry Rub
300g	Broccoli Florets
8g	Fresh Parsley
20g	Sunflower Seeds
60ml	Low Fat Plain Yoghurt
20ml	Lemon Juice

From Your Kitchen

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

1. THE ROAST WITH THE MOST Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Top with the chicken pieces. Coat the beetroot & chicken in the chopped thyme, the NOMU rub, a drizzle of oil, and seasoning. Roast in the hot oven until cooked through and crispy, 30-35 minutes.

2. BROCC THAT ROC Cut the broccoli into bite-sized pieces. In a bowl, toss the broccoli pieces in a drizzle of oil and seasoning. Set aside. Rinse and roughly chop the parsley.

3. GET 'EM GOLDEN Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. A ROAST VEG MEDLEY When the roast is halfway, give the tray a shift and scatter over the dressed broccoli. Roast for the remaining time.

5. YUMMY YOGHURT In a bowl, combine the yoghurt, the lemon juice, ½ the chopped parsley, and seasoning. Loosen with water in 5ml increments until drizzling consistency.

6. AN IMPRESSIVE PLATE Plate up the roast veg & chicken. Drizzle over the lemon-parsley yoghurt. Garnish with the remaining parsley and scatter over the toasted seeds. Dive in, Chef!

Nutritional Information

Per 100g

Energy	448kj
Energy	107kcal
Protein	9.5g
Carbs	5g
of which sugars	1.3g
Fibre	1.9g
Fat	5.4g
of which saturated	1.3g
Sodium	106mg

Allergens

Dairy, Allium

Cook
within 2
Days