



# UCOOK

## Mediterranean Chicken Bake

with sweet gem squash & a fresh salad

One tray roasted chicken goodness! Served with gem squash halves and a fresh cucumber, tomato, and feta salad. Fresh, flavourful and fabulous! What more could you ask for?

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**Hands-On Time:** 30 minutes

**Overall Time:** 55 minutes


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**Serves:** 3 People

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**Chef:** Kate Gomba

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 Carb Conscious

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 Fat Bastard | Rosé

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## Ingredients & Prep

3	Free-range Chicken Leg Quarters
2	Red Onions <i>1½ peeled &amp; cut into wedges</i>
2	Lemons <i>1½ cut into wedges</i>
30ml	NOMU Roast Rub
6	Gem Squash
150g	Cucumber <i>sliced into half-moons</i>
2	Tomatoes <i>cut into wedges</i>
12g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
60g	Danish-style Feta <i>drained</i>
30g	Sunflower Seeds

## From Your Kitchen

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

**1. LET'S ROAST** Preheat the oven to 200°C. Pat dry the chicken pieces with some paper towel. Place on a roasting tray with the onion wedges. Coat in oil, a squeeze of lemon juice, ½ the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

**2. LOOK AT THIS GEM** Place the gem squash in a pot, fully submerge in water, and place over a high heat. Once boiling, cook for 30-35 minutes until easily pierced through with a knife. Remove from the pot on completion and cut in half — take care not to burn yourself! Scoop out the seeds and discard. Set the halves aside until serving.

**3. SALAD CITY** In a salad bowl, combine the cucumber half-moons, the tomato wedges, a squeeze of lemon juice, ½ the chopped parsley, a drizzle of oil, and seasoning. When the chicken is done, taste to test and season again if necessary.

**4. DINNER IS SERVED** Plate up the gem squash halves and top with a knob of butter or a drizzle of olive oil. Sprinkle over the remaining rub. Side with the roasted chicken, onion wedges, and the fresh salad. Crumble over the drained feta. Sprinkle over the sunflower seeds, the remaining parsley and garnish with a lemon wedge. Perfection, Chef!

## Nutritional Information

Per 100g

Energy	370kj
Energy	88Kcal
Protein	7.2g
Carbs	3g
of which sugars	1.4g
Fibre	1.2g
Fat	4.7g
of which saturated	1.4g
Sodium	91mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days