



UCOOK

Roasted Chicken & Rustic Carrot Mash

with a fresh pea & green leaf salad

This is a simple yet tasty dish that is perfect for a weekday meal. The chicken is roasted in garlic, stock & white wine, making it super flavoursome and juicy! The rustic carrot mash is earthy & comforting, while the fresh pea, sun-dried tomato & rocket salad adds a beautiful depth of flavour to the dish. Finished with a sprinkling of fresh mint. It's a recipe you'll make again and again, Chef!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Dolly Matsubukanye

 Fan Faves

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

2	Free-range Chicken Leg Quarters
4	Garlic Cloves <i>peeled & grated</i>
30ml	Chicken Spice <i>(20ml Dried Oregano, 5ml Dried Chilli Flakes & 5ml Ground Cumin)</i>
10ml	Chicken Stock
20ml	White Wine
480g	Carrot <i>peeled, trimmed & cut into bite-sized chunks</i>
100g	Peas
40g	Green Leaves <i>rinsed</i>
60g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
8g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
80g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. WINE NOT? Preheat the oven to 200°C. Boil the kettle. Place the chicken in a baking dish and pat dry with paper towel. Coat in oil, the grated garlic, the chicken spice, salt, and pepper. Pour the stock, 30ml of boiling water, and the wine into the tray around the chicken. Roast in the hot oven for 30-35 minutes until cooked through and crispy, shifting halfway.

2. MISH MASH Place the carrot chunks in a pot of salted water over medium-high heat. Bring to the boil and cook for 15-20 minutes until soft. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork until combined. Season and cover to keep warm.

3. NEXT LEVEL SIDE SALAD Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain and place into a bowl. Add the rinsed leaves, the chopped sun-dried tomatoes, ½ the chopped mint, and a drizzle of olive oil. Toss until combined.

4. GAME OVER! Plate up the rustic carrot mash. Serve with the chicken drizzled with any tray juices. Serve the fresh pea and green leaf salad alongside and crumble over the drained feta. Garnish with the remaining mint and enjoy, Chef!

Nutritional Information

Per 100g

Energy	533kJ
Energy	127kcal
Protein	9.8g
Carbs	7g
of which sugars	3.8g
Fibre	2.2g
Fat	6.9g
of which saturated	2.4g
Sodium	120mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within 3
Days