



UCCOOK

Sticky Apricot Chicken at Matloha's

with a smoky apricot jam glaze & sweet potato bites


This roast chicken is exactly the flavour injection a nippy evening needs! Caked in Cajun spice, paprika, fresh herbs, and jam for a crispy, sticky, melt-in-your-mouth moment. With blistered tomatoes, piping hot sweet potato, and a zesty salad for a burst of freshness.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Liziwe Matloha

 Easy Peasy

 Lanzerac Estate | Keldermeester Versameling Bergpad

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

Ingredients & Prep

4g	Fresh Herb Mix <i>(2g Rosemary & 2g Parsley)</i>
30ml	Apricot Jam
5ml	Smoky Spice Mix <i>(2,5ml NOMU Cajun Spice & 2,5ml Smoked Paprika)</i>
2	Free-range Chicken Pieces
1	Garlic Clove
250g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
150g	Baby Tomatoes <i>rinsed</i>
1	Lemon <i>one ½ zested & cut into wedges</i>
20g	Salad Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. THE MOST AROMATIC ROAST Preheat the oven to 200°C. Rinse the herbs, finely chop, and place in a small bowl. Mix in the jam, the spice mix to taste, and some seasoning. Pat the chicken pieces dry with paper towel and place on a roasting tray. Coat in oil and then in the apricot glaze. Add the whole, unpeeled garlic clove to the tray. Place the sweet potato pieces on a separate roasting tray, and coat in oil and seasoning. Pop both trays in the hot oven and roast for 30-35 minutes.

2. TOMATO TIME Place $\frac{3}{4}$ of the rinsed baby tomatoes in a bowl, and toss through a small drizzle of oil and some seasoning. Quarter the remaining baby tomatoes and place in a separate bowl. Add some lemon juice and zest to taste, and toss to coat. Season to taste with salt, pepper, and a sweetener of choice, and set aside to pickle.

3. BRIGHTEN THINGS UP When the roast has reached the halfway mark, give both trays a shift and scatter the whole baby tomatoes around the chicken. Return to the oven for the remaining roasting time. On completion, the chicken should be cooked through and crispy, the sweet potato should be caramelised and crisping up, and the tomatoes should have blistered.

4. THE FINAL TOSS When the roast is ready, remove from the oven and discard the skin from the garlic. Roughly chop the flesh and mix through the bowl of tomato. Toss through the rinsed salad leaves, the radish rounds, and 10ml of olive oil until coated.

5. SWEET 'N SOUR FEAST Plate up a pile of crisp sweet potato, and side with the sticky roast chicken and blistered baby tomatoes. Spoon over any tray juices to taste. Serve the tasty garden salad on the side and dig in!

Nutritional Information

Per 100g

Energy	387kJ
Energy	92Kcal
Protein	5.1g
Carbs	11g
of which sugars	5.2g
Fibre	1.6g
Fat	2.7g
of which saturated	0.7g
Sodium	63mg

Allergens

Allium

Cook
within 3
Days