



UCOOK

Chicken & Chorizo Tray Bake

with potatoes, thyme & blistered baby tomatoes

This one tray chicken bake sure is a piece of cake! All together into the oven go the baby potatoes and tomatoes, chicken and chorizo and, oh weewee, what comes out is a crispy, toasty, caramelised flavour sensation. See, you barely need to lift a finger! Just add a crunchy, Dijon dressed salad alongside and you're ready to go!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Easy Peasy

 Haute Cabrière | Chardonnay Pinot Noir

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed & halved</i>
100g	Baby Tomatoes
2	Free-range Chicken Drumsticks
5ml	NOMU Poultry Rub
22,5ml	Dijon Dressing <i>(15ml Red Wine Vinegar, 5ml Honey & 2,5ml Dijon Mustard)</i>
3g	Fresh Thyme <i>rinsed & picked</i>
30g	Sliced Chorizo <i>roughly chopped</i>
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>sliced into half-moons</i>

From Your Kitchen

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

1. GLORIOUS TRAY BAKE Preheat the oven to 200°C. Place the halved baby potatoes and $\frac{3}{4}$ of the baby tomatoes on a roasting tray. Coat in oil, season to taste, and spread out evenly. Pat the chicken pieces dry with a paper towel and nestle amongst the veggies. Coat in oil and the Poultry Rub, sprinkling any remaining rub over the veg. It should all fit snugly. Pop in the hot oven to roast for 30-35 minutes.

2. SALAD STUFF Cut the remaining baby tomatoes into quarters and place in a bowl. Add the Dijon dressing, a drizzle of oil, and some seasoning. Toss to coat and set aside to marinate until serving.

3. AT THE HALFWAY MARK... Give the veggies a shift and toss through $\frac{3}{4}$ of thyme leaves and chopped chorizo. Return to the oven for the remaining roasting time. On completion, the baby potatoes should be crisp on the outside and soft on the inside, the tomatoes should have blistered, and the chicken should be cooked through and crispy-skinned.

4. FINISH OFF Just before serving, toss the rinsed salad leaves and cucumber half-moons through the marinated baby tomatoes until coated in dressing.

5. EASY AS 1, 2, 3! Dish up some gorgeously crispy chorizo and veg bake and top with the succulent chicken pieces. Serve with the tangy salad on the side and garnish with the remaining thyme. Simple, stunning, delish!

Nutritional Information

Per 100g

Energy	443kj
Energy	106Kcal
Protein	6.4g
Carbs	9g
of which sugars	2.5g
Fibre	1.1g
Fat	4.5g
of which saturated	1.4g
Sodium	126mg

Allergens

Allium, Sulphites, Alcohol

Cook
within 3
Days