



UCOOK

Chicken & Roasted Cauli Puree

with broccoli, butternut & a sage butter sauce

Why bother roasting an entire chicken if you can get the same flavour & taste with chicken leg quarters? Perfectly crispy chicken is paired with a creamy cauliflower puree accompanied by roasted broccoli & butternut. Finished off with a nutty sage butter sauce for that extra touch of luxe!

Hands-on Time: 10 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Quincy Vearey

 Adventurous Foodie

 Creation Wines | Creation Chardonnay 2022

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Ingredients & Prep

1	Free-range Chicken Leg Quarter
250g	Butternut Chunks
3g	Fresh Thyme <i>rinsed & picked</i>
10ml	NOMU Poultry Rub
150g	Broccoli Florets <i>cut into bite-sized pieces</i>
100g	Cauliflower Florets <i>cut into bite-sized pieces</i>
1	Onion <i>¼ peeled & diced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Pecan Nuts <i>roughly chopped</i>
30ml	Fresh Cream
4g	Fresh Sage <i>rinsed & picked</i>

From Your Kitchen

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

1. ROASTY TOASTY Preheat the oven to 200°C. Pat the chicken dry with some paper towel. Place the chicken and butternut chunks on a baking tray, coat in oil, ½ of the the picked thyme, the rub, and some seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. VIBRANT VEG On a separate roasting tray, place the broccoli pieces on one side, and the cauliflower pieces on the other side. Coat in oil, and season. Roast for 15-20 minutes until cooked through and crisping up, shifting halfway.

3. SAUTÉ AWAY Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion for 4-5 minutes until translucent and starting to colour, shifting occasionally. Add the grated garlic and the remaining picked thyme, and cook for 1-2 minutes, shifting constantly. Remove from the pan and set aside.

4. PERFECT PECANS Return the pan with the chopped pecans to a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside.

5. CREAMY CAULI PUREE When the cauliflower has finished roasting, place it in a blender along with the onion mix and the cream. Blend until a smooth, creamy consistency. Season and cover to keep warm.

6. LIQUID GOLD Return the pan to medium-high heat with 20g of butter. Once foaming, add the rinsed sage leaves and spread them out in a single layer. Fry for 1-2 minutes until the butter has a nutty aroma and the leaves are crispy — watch closely to make sure they don't burn!

7. PLATE UP! Smear the creamy cauli puree on one side of the plate. Place the roast chicken on top and drizzle over the sage butter sauce. Side with the roasted butternut and broccoli, and sprinkle over the toasted pecans. Well done, Chef!

Nutritional Information

Per 100g

Energy	458kj
Energy	109kcal
Protein	7.8g
Carbs	6g
of which sugars	2g
Fibre	1.9g
Fat	5.8g
of which saturated	1.9g
Sodium	56mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within 3
Days