



UCOOK

Citrus Maple Chicken Roast

with spiced carrot wedges, crispy kale & fresh orange

Look forward to marvellous mouthfuls of a midweek roast: chicken pieces rubbed with oriental spices and baked with kale, carrot, and lentils; with a cheeky maple syrup, apple cider vinegar, and fresh orange glaze.

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Samantha Finnegan



Health Nut



Steenberg Vineyards | Semillon

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Ingredients & Prep

8	Free-range Chicken Pieces
960g	Carrot <i>trimmed, peeled (optional) & cut into wedges</i>
20ml	NOMU Oriental Rub
320g	Kale <i>rinsed & roughly shredded</i>
480g	Lentils <i>drained & rinsed</i>
8	Baby Onions
120ml	Maple Glaze <i>(40ml Maple Syrup & 80ml Apple Cider Vinegar)</i>
2	Oranges <i>zested & cut into wedges</i>
10g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GET READY TO ROAST Preheat the oven to 200°C. Pat the chicken dry with paper towel and place on a roasting tray with the carrot wedges. Coat in oil, the Oriental Rub, and a little seasoning. Spread out in a single layer and roast in the hot oven for 35-40 minutes. Place the shredded kale on a second roasting tray with a drizzle of oil and some seasoning. Using your hands, massage until softened and coated. Toss through the drained lentils, spread out evenly, and set aside.

2. BRAISED BABY ONIONS Peel the onions and halve lengthways. Don't remove the tip that keeps the layers joined together. Place a large, nonstick pan that has a lid over a medium heat. Pour in enough oil to cover the base, add in the onion halves, and turn cut-side down. Once sizzling, reduce to a low heat and pop on the lid. Allow to braise for 20-25 minutes until the cut side is charred and caramelised, shifting occasionally. On completion, remove the pan from the heat.

3. TIME FOR SOME CRISP When the roast has 10 minutes remaining, give it a shift and return to the oven. Pop in the tray of kale and lentils and roast for the remaining time until the chicken is cooked through and everything is crisping up.

4. CITRUS MAPLE GLAZE Place a small pot over a medium heat with a drizzle of oil. Pour in the maple glaze and squeeze in the juice of 4 orange wedges. Simmer for 4-5 minutes until thickened and glossy. Remove from the heat on completion and stir in a knob of butter (optional).

5. A DELIGHTFUL DINNER Serve up some crisp kale, lentils, and carrot wedges. Top with the baby onions and roasted chicken pieces, and drizzle over the maple glaze to taste. Garnish with the chopped parsley, the orange zest, and an orange wedge. What a meal!

Nutritional Information

Per 100g

Energy	427kJ
Energy	102Kcal
Protein	7.1g
Carbs	14g
of which sugars	5.4g
Fibre	4.4g
Fat	2.3g
of which saturated	0.6g
Sodium	46mg

Allergens

Allium, Sesame, Sulphites

Cook
within 3
Days