



UCOOK

Tomato & Herb Baked Chicken

with roasted potato

Chicken is coated in oregano before being baked under a blanket of rich tomato sauce until crisp and succulent. It is accompanied by golden roasted potato chunks and garlicky creamy spinach. Sprinklings of fragrant parsley elevate and finish off this already delicious dinner!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Boschendal | Boschen Blanc

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Ingredients & Prep

1	Free-range Chicken Leg Quarter
1	Onion <i>peeled & ¼ cut into wedges & ¼ finely diced</i>
15ml	Spice & Herb Mix <i>(7,5ml Dried Oregano & 7,5ml NOMU Poultry Rub)</i>
200g	Potato <i>rinsed & cut into small bite-sized pieces</i>
100ml	Tomato Passata
7,5ml	Tomato Paste
100g	Spinach <i>rinsed & roughly shredded</i>
1	Garlic Clove <i>peeled & grated</i>
65ml	Fresh Cream
4g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. HERB ROAST Preheat the oven to 200°C. Pat the chicken dry with paper towel and place in a deep roasting tray with the onion wedges. Coat in oil, the spice & herb mix, and seasoning. Place the potato pieces on a separate roasting tray. Coat in oil and seasoning. Pop both trays in the hot oven and roast for 30-35 minutes, shifting halfway.

2. TOMATO CHICKEN In a bowl, combine the tomato passata, the tomato paste, a sweetener of choice (to taste), 50ml of water, and seasoning. When the chicken has been roasting for 10 minutes, remove the chicken tray from the oven and coat in the tomato mixture. Return to the oven to roast for the remaining time. On completion, the potatoes should be crispy and the chicken should be cooked through.

3. START THE SPINACH When the roast has 10-15 minutes remaining, place a pan over a medium heat with a drizzle of oil. When hot, add the shredded spinach and fry for 2-3 minutes until wilted, shifting occasionally. Remove from the pan, season, and set aside.

4. CREAMY DREAMINESS Return the pan, wiped down if necessary, to a medium heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for 30-60 seconds until fragrant, shifting constantly. Add the sautéed spinach and the cream. Simmer for 3-5 minutes until the cream is starting to thicken. Season to taste.

5. TOMATO CHICKEN TIME! Plate up the golden potato chunks. Side with the tomato chicken and the creamy spinach. Sprinkle over the chopped parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	505kJ
Energy	121Kcal
Protein	8g
Carbs	7g
of which sugars	2.2g
Fibre	1.7g
Fat	6.7g
of which saturated	2.8g
Sodium	176mg

Allergens

Dairy, Allium

Cook
within 3
Days