



UCOOK

Chicken & Roast Veg

with almonds & Danish-style feta

A hearty chicken roast dinner that's easy to make and even easier to eat. Chunks of roasted beetroot, onion and butternut sit next to crispy chicken pieces. Sided with a minty salad containing pops of fresh peas and creamy feta.

Hands-on Time: 30 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Megan Bure

Carb Conscious

Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

1kg	Butternut Chunks <i>cut into bite-sized pieces</i>
800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
2	Onions <i>peel & cut into wedges</i>
8	Free-range Chicken Pieces
40ml	NOMU Poultry Rub
80g	Almonds <i>roughly chop</i>
200g	Peas
80g	Green Leaves <i>rinse</i>
10g	Fresh Mint <i>rinse, pick & roughly chop</i>
120g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

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

1. LIVING ON THE VEG Preheat the oven to 200°C. Boil the kettle. Spread the butternut pieces, the beetroot pieces, and the onion wedge on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. IN GOES THE CHICKEN Pat dry the chicken pieces with paper towel. Place on a separate roasting tray, coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

3. NUTTY Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CAN I HAVE SOME MORE, PEAS? Submerge the peas in boiling water until plump, 2-3 minutes. Drain and toss with the rinsed leaves, the chopped mint, a drizzle of olive oil, and $\frac{3}{4}$ of the crumbled feta. Season and set aside.

5. WINNER DINNER! Plate up the crispy chicken pieces and side with the roasted veg. Pile up the mint & pea salad on the side and scatter over any remaining feta. Garnish it all with the toasted almonds, and there you have it!



Chef's Tip

Air fryer method: Coat the butternut pieces, beetroot chunks & onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	446kJ
Energy	107kcal
Protein	7.2g
Carbs	7g
of which sugars	2.2g
Fibre	2g
Fat	5g
of which saturated	1.4g
Sodium	103mg

Allergens

Allium, Tree Nuts, Cow's Milk

Eat
Within
3 Days