



UCOOK

Scarpariello-style Roast Chicken

with carrot mash, pickled peppers & red onion

Get ready to welcome an Italian restaurant classic into your kitchen! Our version features chicken pieces and pickled peppers cooked together until juicy, and a simple, sweet and smooth carrot mash to accompany it! Buon appetito!

Hands-On Time: 30 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Ella Nasser

 Carb Conscious

 Fat Bastard | The Golden Reserve

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Ingredients & Prep

20ml	Chicken Stock
2	Red Onions <i>peeled & cut into wedges</i>
20ml	NOMU Provençal Rub
2	Lemons <i>zested & cut into wedges</i>
4	Garlic Cloves <i>peeled & grated</i>
8	Free-range Chicken Pieces
200g	Pickled Bell Peppers <i>drained & roughly chopped</i>
960g	Carrot <i>trimmed, peeled & cut into small chunks</i>
80g	Salad Leaves <i>rinsed</i>
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. SCARPARIELLO ROAST Preheat the oven to 200°C. Boil the kettle. In a roasting tray, combine 200ml of boiling water, the stock, the onion wedges, the rub, the juice of 4 lemon wedges, the grated garlic, and seasoning. Place the chicken in a bowl. Pat dry with some paper towel, coat in oil, and season. Add to the tray with the onion wedges and roast in the hot oven for 30-35 minutes until cooked through and becoming crispy. In the final 5-8 minutes, add the chopped pickled peppers to the tray.

2. CARROT MASH Place a pot over a medium-high heat with 3cm of boiling water covering the base. Once steaming, place the carrot chunks in a colander over the pot. Cover with a lid and allow to steam for 15-20 minutes until cooked through and soft. If the water starts to dry out before the carrot is cooked, simply add a little more to the pot to continue. Alternatively, use a steamer if you have one. Drain on completion and return to the pot. Add in a knob of butter or coconut oil (optional) and a splash of milk or warm water. Mash until smooth and season to taste.

3. DRESS YOUR LEAVES In a bowl, combine the rinsed leaves with the lemon zest (to taste), a drizzle of oil, and seasoning.

4. DINNER IS SERVED Plate up the vibrant carrot mash and slather with the Scarpariello-style chicken. Serve the dressed leaves on the side, sprinkle over the chopped parsley, and serve with a lemon wedge. There you have it!

Nutritional Information

Per 100g

Energy	399kJ
Energy	95Kcal
Protein	7.5g
Carbs	7g
of which sugars	4g
Fibre	1.6g
Fat	4.2g
of which saturated	1.1g
Sodium	216mg

Allergens

Allium, Sulphites

Cook
within 3
Days