



QCOOK

Roast Chicken & Smashed Baby Potatoes

with sun-dried tomatoes & **NOMU One For All Rub**

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info

	Per 100g	Per Portion
Energy	455kj	3163kj
Energy	109kcal	756kcal
Protein	8.1g	56.5g
Carbs	9g	63g
of which sugars	2.7g	19.1g
Fibre	1.1g	7.8g
Fat	4.6g	31.8g
of which saturated	1.2g	8.2g
Sodium	77mg	533mg

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse</i>
2	4	Free-range Chicken Pieces
1	1	Onion <i>peel & cut into wedges</i>
10ml	20ml	NOMU One For All Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes
10ml	20ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. PARBOIL Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. ROAST Spread the chicken on a roasting tray. Pat the chicken dry with paper towel and scatter over the onions. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

3. SMASHED POTATOES Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 30-35 minutes. Alternatively: Place the parboiled potatoes in the air fryer tray. Press with a fork, splitting the skin but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

4. JUST BEFORE SERVING In a bowl, combine the salad leaves, the sun-dried tomatoes, the lemon juice (to taste), and seasoning.

5. DINNER IS READY Dish up the smashed potatoes, side with the roasted chicken and onions, and serve alongside the simple salad. Well done, Chef!

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.