



UCOOK

One-tray Mediterranean Chicken Bake

with Danish-style feta & fresh oregano

A one-tray dinner with no fuss! Chicken, onion & baby tomatoes are roasted in a flavourful stock and finished off with a crumble of Danish-style feta and a sprinkle of fresh oregano.

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Leopard's Leap | Chardonnay Pinot Noir

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Ingredients & Prep

1	Free-range Chicken Leg Quarter <i>drum & thigh separated</i>
1	Red Onion <i>½ peeled & cut into wedges</i>
10ml	NOMU Roast Rub
1 sachet	Chicken Stock
200g	Baby Potatoes
4g	Fresh Oregano
50g	Pitted Kalamata Olives
80g	Baby Tomatoes
1	Lemon
1	Garlic Clove
7,5ml	Dijon Mustard
40g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. ROAST MOMENT Boil the kettle. Preheat the oven to 220°C. Pat the chicken pieces dry with paper towel and place on a roasting tray with the onion wedges. Coat in oil, the rub, and seasoning. Dilute the stock in 75ml boiling water and pour over chicken. Place tray in the hot oven and roast for 25-30 minutes.

2. BOILING AWAY While the chicken is roasting, cut the potatoes in half. Place in a pot of salted water over a high heat, pop on the lid and bring to the boil. Once boiling, remove the lid and reduce the heat to medium. Allow to simmer for 15-20 minutes until cooked through. Remove from the heat on completion, drain, and cover with the lid to keep warm.

3. PREP STEP Rinse and pick the oregano. Drain and halve the olives. Rinse and halve the baby tomatoes. Cut the lemon into wedges. Peel and grate the garlic.

4. SOME ADD ONS When the roast has 10-15 minutes remaining, give the tray a shift. Add the halved baby tomatoes and olives, the grated garlic, the mustard, ½ the picked oregano, and a squeeze of lemon juice to the tray. On completion, the chicken and veggies should be cooked through.

5. ONE TRAY DINNER Plate up the roast and crumble over the drained feta. Side with the boiled potatoes and sprinkle over the remaining oregano. Garnish with any remaining lemon wedge.

Nutritional Information

Per 100g

Energy	513kJ
Energy	122kcal
Protein	8.9g
Carbs	7g
of which sugars	1.8g
Fibre	1.4g
Fat	6.4g
of which saturated	2.1g
Sodium	301mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days