



UCOOK

One-tray Chicken & Veg

with BBQ sauce & fresh oregano

On a vibrant base made of roast carrots, baby potatoes, red peppers & red onions lie glistening chicken breast coated in blackstrap molasses BBQ sauce. Finish with a sprinkling of oregano and there you go, Chef!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Morgan Nell

 ***NEW Simple & Save**

 **Simonsig | Gewürztraminer**

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Ingredients & Prep

800g	Baby Potatoes <i>rinsed & halved</i>
480g	Carrot <i>rinsed, trimmed & cut into wedges</i>
2	Red Onions <i>peeled & sliced into thick wedges</i>
40ml	NOMU Poultry Rub
4	Free-range Chicken Breasts
125ml	BBQ Sauce
2	Red Bell Peppers <i>rinsed, deseeded & cut into bite-sized pieces</i>
15g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. A VEGGIE MEDLEY Preheat the oven to 200°C. Place the halved baby potatoes, the carrot wedges, and the onion wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until cooked through, 35-40 minutes (shifting halfway).

2. PREP STEP Pat the chicken dry with paper towel and place in a bowl. Add ½ the BBQ sauce, the remaining NOMU rub, a drizzle of oil, and seasoning. Toss until combined and set aside. In a bowl, coat the pepper pieces in oil and season. Set aside.

3. VEG + CHICKEN = DELISH When the roast has 10-15 minutes remaining, top the tray of veggies with the dressed chicken (along with all the marinade) and the dressed peppers. Roast for the remaining time. Just before serving, slice and season the chicken.

4. IT'S ABOUT TIME Plate up the roasted veggies. Top with the sliced chicken and drizzle over the remaining BBQ sauce and any tray juices. Garnish with the chopped oregano. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	315kJ
Energy	75kcal
Protein	5.8g
Carbs	9g
of which sugars	3.1g
Fibre	1.8g
Fat	1.5g
of which saturated	0.3g
Sodium	117mg

Allergens

Allium, Sulphites

Cook
within 2
Days