



UCOOK

Mediterranean Chicken Roast

with a medley of herbed chickpeas, tomato, onion & kale

A Med-style roast of crispy chicken pieces and chickpeas, squishy baby tomatoes, and caramelised onion wedges. Paired with a salad of roast kale and Italian leaves in a red wine vinegar dressing. With sunflower seeds, providing that elegant finish.

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha Finnegan

Carb Conscious

KWV - The Mentors | KWV The Mentors
Cabernet Franc 2020

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Free-range Chicken Pieces
1	Onion <i>peel & slice into wedges</i>
5ml	NOMU BBQ Rub
80g	Baby Tomatoes <i>rinse</i>
120g	Chickpeas <i>drain & rinse</i>
50g	Kale <i>rinse & roughly shred</i>
10g	Sunflower Seeds
10ml	Sweet Vinaigrette <i>(7,5ml Red Wine Vinegar & 2,5ml Honey)</i>
20g	Salad Leaves <i>rinse</i>

From Your Kitchen

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

1. HERB-INFUSED CHICKEN & ONION Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Add the onion wedges, and coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place the rinsed baby tomatoes and drained chickpeas on a second roasting tray. Coat in oil, seasoning, and set aside.

2. GET THAT KALE TO RELAX... Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, massage until softened and well coated. Set aside.

3. BROWN THE SEEDS Place the sunflower seeds in a pan over medium heat (you won't be using it again). Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. FABULOUS ROAST ADDITIONS When the roast has been in the oven for about 10 minutes, pop in the tray of tomatoes and chickpeas. When there are 7-9 minutes remaining, scatter the kale over the tray of tomatoes and return to the oven for the remaining roasting time. The chicken should be cooked through, the chickpeas and kale crispy, the tomatoes blistered, and the onion caramelised.

5. DRESS IT UP Place the sweet vinaigrette dressing in a salad bowl. Whisk in 20ml of olive oil and seasoning. Toss through the rinsed salad leaves, the crispy kale, and the toasted sunflower seeds until coated.

6. MEDITERRANEAN-STYLE FEAST Dish up this full-flavoured medley of chickpeas, tomatoes, onion, and juicy chicken. Serve the crunchy salad on the side. Tuck in!

Nutritional Information

Per 100g

Energy	516kJ
Energy	123kcal
Protein	9.6g
Carbs	7g
of which sugars	2.5g
Fibre	2.2g
Fat	5.6g
of which saturated	1.3g
Sodium	58mg

Allergens

Allium, Sulphites

Eat
Within
3 Days