



# UCOOK

## Chicken & Roast Veg

with almonds & Danish-style feta

A hearty chicken roast dinner that's easy to make and even easier to eat. Chunks of roasted beetroot, onion and butternut sit next to crispy chicken pieces. Sided with a minty salad containing pops of fresh peas and creamy feta.

---

**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Megan Bure

---

Carb Conscious

---

Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

---

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

## Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
200g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; cut ½ into wedges</i>
2	Free-range Chicken Pieces
10ml	NOMU Poultry Rub
20g	Almonds <i>roughly chop</i>
50g	Peas
20g	Green Leaves <i>rinse</i>
3g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
30g	Danish-style Feta <i>drain &amp; crumble</i>

## From Your Kitchen

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

**1. LIVING ON THE VEG** Preheat the oven to 200°C. Boil the kettle. Spread the butternut pieces, the beetroot pieces, and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. IN GOES THE CHICKEN** Pat dry the chicken pieces with paper towel. Place on a separate roasting tray, coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**3. NUTTY** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CAN I HAVE SOME MORE, PEAS?** Submerge the peas in boiling water until plump, 2-3 minutes. Drain and toss with the rinsed leaves, the chopped mint, a drizzle of olive oil, and ¾ of the crumbled feta. Season and set aside.

**5. WINNER DINNER!** Plate up the crispy chicken pieces and side with the roasted veg. Pile up the mint & pea salad on the side and scatter over any remaining feta. Garnish it all with the toasted almonds, and there you have it!



## Chef's Tip

Air fryer method: Coat the butternut pieces, beetroot chunks & onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	446kJ
Energy	107kcal
Protein	7.2g
Carbs	7g
of which sugars	2.2g
Fibre	2g
Fat	5g
of which saturated	1.4g
Sodium	103mg

## Allergens

Allium, Tree Nuts, Cow's Milk

Eat  
Within  
3 Days