



UCOOK

Lemon & Herb Chicken

with smashed sweet potatoes & broccoli

Serve up an easy one-pan traybake of lemon & herb chicken with sweet potatoes and roasted broccoli. The best recipes are simple, but deliver loads of flavour in minimal time. And this dish ticks all the right boxes.

Hands-on Time: 20 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Kate Gomba

 Carb Conscious

 Waterford Estate | Range Chardonnay 2018

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

Ingredients & Prep

400g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
2	Free-range Chicken Leg Quarters
1	Red Onion <i>peeled & cut into thick wedges</i>
30ml	NOMU Provençal Rub
8g	Fresh Rosemary <i>rinsed</i>
30ml	Lemon Juice
30g	Almonds <i>roughly chopped</i>
300g	Broccoli Florets <i>cut into bite-sized pieces</i>

From Your Kitchen

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

1. ROASTED Preheat the oven to 200°C. Place the sweet potato pieces on one side of the roasting tray. Coat in oil and seasoning. Place the chicken leg quarters and onion wedges on the other side of the roasting tray and toss with some oil, $\frac{3}{4}$ of the rub, the rinsed rosemary sprigs, seasoning and lemon juice.) Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. TOASTED Place the chopped almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside.

3. CHARRED When the roast has 10-15 minutes to go, return the pan to a medium heat with a drizzle of oil. When hot, fry the broccoli pieces for 5-6 minutes until charred, shifting occasionally. In the final 1 minute, add the remaining rub and stir to combine. Remove from the heat and season.

4. SMOOSHED When the roast is done, remove and discard the rosemary sprigs. Remove the chicken and onions from the tray and smash the sweet potato with a fork or a potato masher, making sure to incorporate all the chicken roasting juices.

5. DEVoured! Plate up the smashed sweet potato and serve the crispy chicken on top. Place the roasted onion and charred broccoli alongside. Scatter over the toasted nuts and feast!

Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	9.3g
Carbs	8g
of which sugars	3g
Fibre	2g
Fat	5.6g
of which saturated	1.3g
Sodium	118mg

Allergens

Allium, Tree Nuts

Cook
within 3
Days