



# UCOOK

## Scarpariello-style Roast Chicken

**with carrot mash, pickled peppers & red onion**

Get ready to welcome an Italian restaurant classic into your kitchen! Our version features chicken pieces and pickled peppers cooked together until juicy, and a simple, sweet and smooth carrot mash to accompany it! Buon appetito!

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**Hands-On Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Carb Conscious

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 Fat Bastard | The Golden Reserve

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## Ingredients & Prep

|      |                                                              |
|------|--------------------------------------------------------------|
| 5ml  | Chicken Stock                                                |
| 1    | Red Onion<br><i>½ peeled &amp; cut into wedges</i>           |
| 5ml  | NOMU Provençal Rub                                           |
| 1    | Lemon<br><i>½ zested &amp; cut into wedges</i>               |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>                   |
| 2    | Free-range Chicken Pieces                                    |
| 50g  | Pickled Bell Peppers<br><i>drained &amp; roughly chopped</i> |
| 240g | Carrot<br><i>trimmed, peeled &amp; cut into small chunks</i> |
| 20g  | Salad Leaves<br><i>rinsed</i>                                |
| 4g   | Fresh Parsley<br><i>rinsed, picked &amp; roughly chopped</i> |

## From Your Kitchen

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

**1. SCARPARIELLO ROAST** Preheat the oven to 200°C. Boil the kettle. In a roasting tray, combine 50ml of boiling water, the stock, the onion wedges, the rub, the juice of 1 lemon wedge, the grated garlic, and seasoning. Place the chicken in a bowl. Pat dry with some paper towel, coat in oil, and season. Add to the tray with the onion wedges and roast in the hot oven for 20-25 minutes until cooked through and becoming crispy. In the final 5-8 minutes, add the chopped pickled peppers to the tray.

**2. CARROT MASH** Place a pot over a medium-high heat with 3cm of boiling water covering the base. Once steaming, place the carrot chunks in a colander over the pot. Cover with a lid and allow to steam for 15-20 minutes until cooked through and soft. If the water starts to dry out before the carrot is cooked, simply add a little more to the pot to continue. Alternatively, use a steamer if you have one. Drain on completion and return to the pot. Add in a knob of butter or coconut oil (optional) and a splash of milk or warm water. Mash until smooth and season to taste.

**3. DRESS YOUR LEAVES** In a bowl, combine the rinsed leaves with the lemon zest (to taste), a drizzle of oil, and seasoning.

**4. DINNER IS SERVED** Plate up the vibrant carrot mash and slather with the Scarpariello-style chicken. Serve the dressed leaves on the side, sprinkle over the chopped parsley, and serve with a lemon wedge. There you have it!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 399kJ  |
| Energy             | 95Kcal |
| Protein            | 7.5g   |
| Carbs              | 7g     |
| of which sugars    | 4g     |
| Fibre              | 1.6g   |
| Fat                | 4.2g   |
| of which saturated | 1.1g   |
| Sodium             | 216mg  |

## Allergens

Allium, Sulphites

Cook  
within 3  
Days