

# UCOOK

## Dazzling Ponzu Chicken

with fresh, lemony cabbage & carrot

If you've been pondering what ponzo is, it's a citrus-based sauce used in Japanese cooking. It is also the sauce that will be coating the oven roasted chicken for your meal tonight, elevated with coconut sugar and garlic. Sided with a mouthwatering veggie medley of baby tomatoes, pumpkin & onion as well as a zesty carrot & cabbage slaw.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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 Quick & Easy

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 Alvi's Drift | 221 Chenin Blanc

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## Ingredients & Prep

6	Free-range Chicken Pieces
600g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
2	Onions <i>1½ peeled &amp; cut into wedges</i>
200g	Cabbage
240g	Carrot
3	Garlic Cloves
240g	Baby Tomatoes
1	Lemon
90ml	Ponzu Dressing <i>(60ml Ponzu Sauce &amp; 30ml Balsamic Vinegar)</i>
30ml	Coconut Sugar
30g	Pumpkin Seeds

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 220°C. Pat the chicken dry with paper towel and place on a roasting tray. Coat in oil and season. Spread the pumpkin pieces and the onion wedges on a second roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. PREP** While the chicken & veg are roasting, rinse and finely slice  $\frac{3}{4}$  of the cabbage. Rinse, trim, peel, and grate  $\frac{3}{4}$  of the carrot. Peel and grate the garlic. Rinse and halve the baby tomatoes. Rinse and cut the lemon into wedges. In a small bowl, combine the ponzu dressing, the coconut sugar, and the grated garlic.

**3. PONZU CHICKEN** When the chicken has 6-8 minutes remaining, pour over the ponzu dressing. Scatter the halved baby tomatoes over the chicken tray. Sprinkle the pumpkin seeds over the pumpkin & onion, and roast for the remaining time.

**4. FRESH FLAVOUR** In a salad bowl, combine the sliced cabbage, the grated carrot, and a squeeze of lemon juice (to taste). Toss to combine and season.

**5. TIME TO EAT** Plate up the roast pumpkin, onion & tomatoes. Side with the ponzu chicken and all the pan juices. Serve alongside the cabbage & carrot mix. Garnish with any remaining lemon wedges.



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	344kJ
Energy	82kcal
Protein	5.9g
Carbs	7g
of which sugars	3.7g
Fibre	1.9g
Fat	3.1g
of which saturated	0.8g
Sodium	84mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Fish, Soy

Cook  
within 2  
Days