



UCOOK

Gorgeous Greek-Style Roast Chicken

with homemade tzatziki dressing & a fresh Greek salad

OPA! Take yourself on a Mediterranean vacation, no passport required with this Greek-inspired dish. Flavour-packed Greek-style chicken roasted to perfection, a bona fide Greek salad, and to round out this winner a DIY tzatziki dressing. Talk about tranquillity! Bring out the ouzo!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

2	Free-range Chicken Pieces
7,5ml	Mediterranean Rub
1	Lemon <i>½ zested & cut into wedges</i>
1	Garlic Clove
75ml	Millet
1	Tomato <i>rinsed & quartered, then halved</i>
50g	Cucumber <i>½ cut into bite-sized chunks & ½ finely diced</i>
25g	Pitted Kalamata Olives
1	Red Onion <i>½ peeled & finely sliced</i>
40g	Danish-style Feta <i>drained & crumbled</i>
5g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
15ml	Balsamic Vinegar
30ml	Plain Yoghurt

From Your Kitchen

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

1. MEDITERRANEAN ROAST Preheat the oven to 200°C. Place the chicken pieces on a roasting tray. Pat dry with a paper towel, coat in oil, ½ of the Mediterranean rub, ½ of the lemon zest and seasoning. Add the whole garlic clove to the tray. Roast in the hot oven for 30-35 minutes until the chicken is cooked through and crispy and the garlic is soft.

2. MOREISH MILLET Place a pot over a medium heat. When hot, toast the millet with the remaining rub for 1-3 minutes, shifting occasionally. Pour in 150ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Replace the lid and set aside to keep warm until serving.

3. GREEK IT UP In a bowl, toss together the quartered tomatoes, cucumber chunks, pitted olives, sliced red onion, crumbled feta, and ¾ of the chopped oregano. Drizzle over some olive oil and the balsamic vinegar, and season. Toss to coat and set aside.

4. HOMESPUN TZATZIKI Remove the whole roasted garlic clove from the oven, squeeze the flesh out onto a chopping board and roughly chop. In a small bowl, toss the minced garlic with the diced cucumber, the plain yoghurt, the remaining lemon zest, and seasoning.

5. WHERE'S THE OUZO? Plate up the fluffy millet and the fresh Greek salad alongside one another. Top with the Mediterranean roast chicken pieces. Serve with a dollop of the homemade tzatziki, a lemon wedge and sprinklings of the remaining oregano. Beautiful work, Chef!

Nutritional Information

Per 100g

Energy	550kJ
Energy	131Kcal
Protein	7.6g
Carbs	12g
of which sugars	2.3g
Fibre	2.1g
Fat	5.5g
of which saturated	2g
Sodium	174mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days