

U COOK

One-tray Greek Chicken Bake

with Danish-style feta & fresh oregano

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	475.2kJ	3582.3kJ
Energy	113.7kcal	856.9kcal
Protein	8g	60.4g
Carbs	8g	60.3g
of which sugars	2g	14.9g
Fibre	1.2g	9.1g
Fat	5.1g	38.8g
of which saturated	1.5g	11.7g
Sodium	223.1mg	1682mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	Serves 4	
6	8	Free-range Chicken Pieces
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
600g	800g	Baby Potatoes <i>rinse & halve</i>
30ml	40ml	NOMU Roast Rub
15ml	20ml	Chicken Stock
30ml	40ml	Lemon Juice
22,5ml	30ml	Dijon Mustard
3	4	Garlic Cloves <i>peel & grate</i>
240g	320g	Baby Tomatoes <i>rinse & halve</i>
60g	80g	Pitted Kalamata Olives <i>drain & halve</i>
8g	10g	Fresh Oregano <i>rinse & pick</i>
60g	80g	Danish-style Feta <i>drain</i>

1. ROAST MOMENT Preheat the oven to 220°C. Boil the kettle. Pat the chicken dry with paper towel. Place on a roasting tray with the onion and the baby potatoes. Coat in oil, the NOMU rub, and seasoning. Dilute the stock with 225ml [300ml] of boiling water and pour over the tray. Roast until cooked through, 30-35 minutes.

2. PREP STEP In a bowl, combine the lemon juice (to taste), the mustard, and the garlic.

3. SOME ADD-ONS When the roast has 10-15 minutes remaining, give the tray a shift. Add the baby tomatoes, the olives, and ½ the oregano. Drizzle over the mustard mixture. Return to the oven for the remaining time until cooked through.

4. ONE-TRAY DINNER Plate up the roast and crumble over the feta. Garnish with the remaining oregano. Well done, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel