



UCOOK

Magnificent Chicken Marbella

with lemon, capers & sweet dates

In our take on this classic French dish, our chicken pieces are roasted in a sauce loaded with olives, capers, lemon wedges, white wine and dates. A side of crusty baguette ensures every last bit of the delicious roasting juices are soaked up and devoured!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Thea Richter

 Quick & Easy

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

6	Free-range Chicken Pieces
45g	Capers
75g	Pitted Kalamata Olives
30g	Pitted Dates
30ml	Red Wine Vinegar
2	Red Onions <i>1½ peeled & cut into quarters</i>
2	Lemons <i>1½ cut into wedges</i>
12g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
125ml	White Wine
2	Sourdough Baguettes <i>1½ cut in half lengthways</i>
60g	Salad Leaves
120g	Peas

From Your Kitchen

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

1. PREP THE CHICKEN Preheat the oven to 200°C. Place a pan over high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken pieces until browned, 3-4 minutes per side. While the chicken is frying, drain the capers and olives, and roughly chop the dates.

2. ROASTY ROAST In a large baking dish, combine the vinegar, the drained olives, the onion wedges, the drained capers, the chopped dates, the juice of 3 lemon wedges, ½ the chopped oregano, the white wine, 120ml of water, and seasoning. Top with the browned chicken and roast until the chicken is cooked through, 15-20 minutes.

3. LE BAGUETTE Butter the cut-side of the halved baguettes or drizzle with oil. Place on a separate roasting tray, cut-side up, and pop in the hot oven. Bake until warmed through, 3-4 minutes.

4. SALAD CITY Rinse the salad leaves. In a bowl, combine the rinsed salad leaves, the peas, a drizzle of olive oil, a squeeze of lemon juice, and seasoning.

5. BELLE MARBELLA! Plate up a hearty serving of the chicken Marbella. Side with the fresh salad and the crusty baguette. Sprinkle over the remaining oregano. Amazing work, Chef!

Nutritional Information

Per 100g

Energy	629kJ
Energy	1500kcal
Protein	10.2g
Carbs	14g
of which sugars	3.5g
Fibre	1.8g
Fat	5.4g
of which saturated	1.4g
Sodium	224.7mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol

Cook
within 3
Days