



# UCOOK

## Charred Miso Chicken Tray-Bake

**with red rice, aubergine & soy-sesame dressing**

This miso-basted crispy chicken tray-bake is just something else! With it's crunchy charred green beans, onion, aubergines, chilli, and sprinkles of sesame seeds. Served on red rice and drizzled with soy-sesame and lemon dressing. Due to seasonality, we've had to sub the limes for lemons but don't fret there's no skimping on flavour!

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**Hands-On Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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♥ Health Nut

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🍷 Warwick Wine Estate | First Lady Chardonnay

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## Ingredients & Prep

60ml	Miso Paste
40ml	NOMU Oriental Rub
20ml	White Sesame Seeds
2	Fresh Chillies <i>deseeded &amp; roughly chopped</i>
8	Free-range Chicken Pieces
1kg	Aubergine <i>rinsed, trimmed &amp; cut into wedges</i>
2	Onions <i>peeled &amp; cut into thin wedges</i>
320g	Green Beans <i>rinsed, trimmed &amp; halved</i>
300ml	Red Rice
90ml	Soy-Sesame Dressing <i>(30ml Low Sodium Soy Sauce, 30ml Sesame Oil &amp; 30ml Honey)</i>
2	Lemons <i>zested &amp; cut into wedges</i>

## From Your Kitchen

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

**1. MISO CHICKEN & VEG** Preheat the oven to 200°C. In a large bowl, mix together the miso paste, Oriental rub, ½ of the sesame seeds, chopped chilli (to taste), a good drizzle of oil and a pinch of salt. Mix until fully combined. Add in the chicken pieces, aubergine wedges, onion wedges, halved green beans and more oil, if required. Gently massage the miso mixture onto the chicken and the veggies until coated. Evenly lay in a large roasting tray, making sure to use all the miso dressing. Place in the hot oven and roast for 35-40 minutes until the chicken and veg are fully cooked and starting to char.

**2. RICE, RICE BABY!** Rinse the rice and place in a pot with 1,2L of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid.

**3. TOASTY SEEDS** Place the remaining sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**4. ZINGY SOY DRESSING** In a small bowl, place the soy-sesame dressing with the juice of 4 lemon wedges and some lemon zest. Mix until fully combined.

**5. AS SIMPLE AS THAT** Plate up some bouncy rice and top with the sticky, miso chicken and veg. Drizzle over the lemon soy-sesame dressing to taste, sprinkle over the toasted sesame seeds and serve with a lemon wedge. Get stuck in, Chef!



## Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

## Nutritional Information

Per 100g

Energy	490kj
Energy	117Kcal
Protein	5.9g
Carbs	14g
of which sugars	4g
Fibre	3.1g
Fat	4.1g
of which saturated	0.9g
Sodium	216mg

## Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook  
within 3  
Days