

QCOOK

Jerk Chicken Roast

with pumpkin chunks, black pitted olives & tzatziki

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post-Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	351kj	3250kj
Energy	84kcal	777kcal
Protein	6.6g	61.9g
Carbs	5.7g	53g
of which sugars	2.9g	26.8g
Fibre	1.5g	14g
Fat	3.8g	34.9g
of which saturated	1g	9.1g
Sodium	67mg	622mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
7,5ml	15ml	Old Stone Mill Jerk Seasoning
200g	400g	Pumpkin Chunks
1	1	Onion <i>peel & cut into thin wedges</i>
1	1	Bell Pepper <i>rinse, deseed & cut into bite-sized pieces</i>
30g	60g	Pitted Black Olives <i>drain</i>
10g	20g	Pumpkin Seeds
40ml	80ml	Tzatziki
3g	5g	Fresh Mint <i>rinse & pick</i>

From Your Kitchen

Seasoning (salt & pepper)
Water
Oil (cooking, olive or coconut)
Paper Towel

1. ONE-TRAY WONDER Preheat the oven to 200°C. Pat the chicken dry with paper towel. In a bowl, combine the chicken, the jerk seasoning, a drizzle of oil, and seasoning. Spread the pumpkin and the onion on one side of the roasting tray, coat in oil, and seasoning. Place the chicken on the other side of the tray. Roast in the hot oven until golden and cooked through, 30-35 minutes (shifting halfway). Alternatively: Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

2. PREP THE BELL PEPPER In a bowl, coat the bell pepper in oil and season. When the roast has 10-15 minutes to go, scatter over the bell pepper, and roast until lightly charred.

3. OLIVES & SEEDS When the roast has 3-5 minutes to go, scatter over the olives and the pumpkin seeds.

4. DINNER IS READY Dish up the roast and top with dollops of tzatziki. Garnish with the mint and cheers, 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.