



# U C O O K

— COOKING MADE EASY

## HARISSA CHICKEN ROAST

**with minty roast carrots, an aromatic spice rub & sunflower seeds**

A quick, scrumptious roast of chicken pieces baked in a spice blend of coriander, cumin, turmeric, cinnamon, and ajowan; accompanied by crispy chickpeas and carrot wedges. Round it off with drippings of harissa yoghurt dressing and a leafy pickled red onion salad.

---

**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Kate Gomba

---



**Health Nut**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

2	Free-Range Chicken Pieces
5ml	NOMU African Rub
240g	Carrots <i>peeled &amp; cut into long wedges</i>
120g	Chickpeas <i>drained &amp; rinsed</i>
1	Red Onion <i>one half peeled &amp; thinly sliced</i>
20ml	Pickling Liquid <i>(5ml Honey &amp; 15ml White Wine Vinegar)</i>
10g	Sunflower Seeds
15ml	Pesto Princess Harissa Paste
25ml	Plain Yoghurt
20g	Green Leaves <i>rinsed</i>
3g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. CHICKEN & VEG ROAST** Preheat the oven to 200°C. Place the chicken pieces on a roasting tray and pat dry with some paper towel. Coat in oil, the African Rub, and some seasoning. Scatter the carrot wedges around the chicken, coat in oil, and season to taste. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy. Place the drained chickpeas in a bowl, coat in oil, and season to taste. At the halfway mark, add the chickpeas to the tray and return to the oven for the remaining roasting time until crispy.

**2. PICKLE THE ONION & TOAST THE SEEDS** Place the sliced onion in a bowl with the pickling liquid, a generous pinch of salt, and a splash of lukewarm water. Toss to coat and set aside to pickle until serving. Place the sunflower 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.

**3. HARISSA DRESSING & CRISP LEAVES** Place the yoghurt in a small bowl and mix in the harissa paste to taste. Gradually add water in 5ml increments until drizzling consistency. Season to taste and set aside. Place the rinsed green leaves in a bowl with a drizzle of olive oil and some seasoning. Toss to coat and set aside for serving.

**4. FINISH IT OFF** When the roast is ready, drain the pickled red onion and add some of the pickling liquid to the harissa yoghurt (to taste). Toss the chopped mint through the carrot and chickpeas.

**5. YOUR ROAST IS SERVED** Dish up some minty roast carrot and chickpeas and top with the crispy, spiced chicken pieces. Serve the dressed green leaves on the side with a sprinkling of pickled red onion. Cover the whole lot in drizzles of harissa yoghurt dressing and scatter over the toasted sunflower seeds. Wow, Chef!



## Chef's Tip

Reserve the pickling liquid from the pickled onion, store it in the fridge, and use it for a second time in another meal.

## Nutritional Information

Per 100g

Energy	505kJ
Energy	121Kcal
Protein	8.5g
Carbs	9g
of which sugars	3.8g
Fibre	2.4g
Fat	5.2g
of which saturated	1.2g
Sodium	99mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days