



UCOOK

Roast Chicken & Cauliflower

with roasted pumpkin mash & gravy

Let's celebrate Christmas in July! Enjoy heart-warming flavours of oven-roasted chicken, covered in delicious homemade chicken gravy. A side of roasted cauliflower, silky onions and smooth pumpkin mash dotted with crunchy toasted pumpkin seeds make this dish the best culinary gift.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Strandveld | Adamastor White Blend

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Ingredients & Prep

2	Free-range Chicken Pieces
1	Red Onion <i>½ peeled & cut into wedges</i>
7,5ml	NOMU Poultry Rub
250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
150g	Cauliflower Florets <i>cut into bite-sized pieces</i>
10g	Pumpkin Seeds
15ml	Gravy Seasoning <i>(5ml NOMU Provençal Rub, 5ml Cornflour & 5ml Chicken Stock)</i>
1	Garlic Clove <i>peeled & grated</i>
3g	Fresh Rosemary <i>rinsed</i>

From Your Kitchen

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

1. OVEN-ROASTED CHICKEN Preheat the oven to 200°C. Spread the chicken pieces and the onion wedges on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes.

2. PUMPKIN MASH Spread the pumpkin pieces on a separate roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place the roasted pumpkin in a bowl with a knob of butter (optional) and a splash of water or milk. Mash with a fork and cover.

3. CAULIFLOWER In a bowl, toss the cauliflower pieces with a drizzle of oil and seasoning. When the chicken has 20 minutes remaining, scatter the dressed cauliflower over the tray with the chicken and roast for the remaining time.

4. TOASTY SEEDS Place the pumpkin seeds in a saucepan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the saucepan and set aside.

5. HOMEMADE GRAVY In a small bowl, combine the gravy seasoning with 10ml of cold water to form a slurry. Set aside. Return the saucepan to medium heat with a drizzle of oil. When hot, fry the grated garlic and the rinsed rosemary sprigs until fragrant, 1-2 minutes. Add 150ml of water and bring to a simmer. Stir through the gravy seasoning slurry. Simmer until thickened, 2-3 minutes. Remove from the heat, stir through a knob of butter (optional), and season (if necessary). Remove the rosemary sprigs and discard.

6. DINNER IS SERVED Plate up the roast chicken and spoon over the gravy. Side with the roast veg and the pumpkin mash. Top the pumpkin mash with the toasted pumpkin seeds. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	352kJ
Energy	84kcal
Protein	5.9g
Carbs	8g
of which sugars	2.9g
Fibre	2.1g
Fat	3.1g
of which saturated	0.8g
Sodium	156mg

Allergens

Allium, Sulphites

Cook
within 3
Days