



UCCOOK

One-tray Chicken Bake

with roasted cabbage, baby potatoes & fresh oregano

This quick & delicious dinner is as easy as 1, 2, 3! Free-range chicken pieces, baby potatoes & cabbage chunks are spiced with NOMU's Cajun rub and roasted to perfection. A true one-tray wonder!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jason Johnson

 ***NEW Simple & Save**

 **No paired wines**

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Ingredients & Prep

2	Free-range Chicken Pieces
200g	Baby Potatoes <i>halved</i>
10ml	NOMU Cajun Rub
100g	Cabbage <i>cut into large chunks</i>
4g	Fresh Oregano <i>rinsed & picked</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Pat the chicken dry with paper towel. Spread the chicken pieces and the halved potatoes on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting half-way).

2. CABBAGE Place the cabbage chunks and ½ of the picked oregano in a bowl, coat with oil and season. When the roast has 15-20 minutes remaining, scatter the cabbage over the roast, and roast for the remaining time until cooked through and crisping up.

3. READY! Plate up the delicious roast and scatter over the remaining oregano. Well done, Chef!

Nutritional Information

Per 100g

Energy	510kJ
Energy	122kcal
Protein	10g
Carbs	8g
of which sugars	2g
Fibre	1.4g
Fat	5.3g
of which saturated	1.4g
Sodium	136mg

Allergens

Allium

Cook
within 3
Days