



# UCOOK

## Mustard-glazed Cabbage & Chicken

with basmati rice & green beans

Dripping honey combined with sharp Dijon mustard & rich roasted garlic will make a gorgeous sauce for your crispy roast chicken. Sided with a veggie medley of roasted onion, cabbage & green beans, plus a showering of nutty toasted almonds. It's time to dine!

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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Fan Faves

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 Painted Wolf Wines | The Den Cabernet Sauvignon 2022

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## Ingredients & Prep

|        |                                                               |
|--------|---------------------------------------------------------------|
| 6      | Free-range Chicken Pieces                                     |
| 2      | Onions<br><i>peel &amp; cut into 1½ wedges</i>                |
| 300g   | Cabbage<br><i>rinse &amp; cut into large chunks</i>           |
| 105ml  | Honey-mustard<br><i>(60ml Dijon Mustard &amp; 45ml Honey)</i> |
| 22,5ml | NOMU Roast Rub                                                |
| 225ml  | White Basmati Rice<br><i>rinse</i>                            |
| 240g   | Green Beans<br><i>rinse, trim &amp; slice into thirds</i>     |
| 8g     | Fresh Thyme<br><i>rinse</i>                                   |
| 3      | Garlic Cloves                                                 |
| 30g    | Almonds                                                       |

## From Your Kitchen

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

**1. I MUSTARD-MIT - I'M HUNGRY!** Preheat the oven to 200°C. Pat the chicken dry with paper towel. Place on a roasting tray with the onion wedges and the cabbage chunks. Coat in oil, ½ the honey-mustard, the NOMU rub, and seasoning. Roast in the oven until cooked through and becoming crispy, 35-40 minutes (shifting halfway).

**2. SOME NICE RICE** Place the rinsed rice in a pot with 450ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**3. MAKE THE GREEN BEANS** In a bowl, combine the sliced green beans, ½ the rinsed thyme (to taste), a drizzle of oil, and seasoning. Set aside.

**4. REUNITE THE VEGGIES** When the roast has 10-15 minutes remaining, give the tray a shift. Scatter the green beans and the whole, unpeeled garlic cloves over the tray. Roast until cooked through.

**5. ALL OF THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**6. LEVEL UP THE FLAVOUR** When the roast is done, remove the roasted garlic from the tray. Carefully squeeze out the flesh and roughly chop. In a bowl, combine the chopped garlic, the remaining honey-mustard, and seasoning.

**7. A HOMEMADE FEAST** Plate up the roasted chicken & veg. Serve with the fluffy rice. Drizzle over the garlic-y honey-mustard. Sprinkle over the toasted almonds and garnish with the remaining thyme sprigs. Beautiful work, Chef!



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat the chicken pieces and the veg in oil, ½ the honey-mustard, the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 657kJ   |
| Energy             | 157kcal |
| Protein            | 9.9g    |
| Carbs              | 16g     |
| of which sugars    | 4.6g    |
| Fibre              | 1.8g    |
| Fat                | 6g      |
| of which saturated | 1.3g    |
| Sodium             | 129mg   |

## Allergens

Allium, Sulphites, Tree Nuts

Eat  
Within  
3 Days