

UCOOK

One-tray Greek Chicken Bake

with Danish-style feta

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	469kJ	3759kJ
Energy	112kcal	899kcal
Protein	7.7g	61.4g
Carbs	8g	68g
of which sugars	2.1g	17.1g
Fibre	1.2g	9.9g
Fat	4.9g	39.1g
of which saturated	1.5g	11.6g
Sodium	193mg	1543mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Free-range Chicken Pieces
2	2	Onions *peel & cut 1½ [2] into wedges*
750g	1kg	Baby Potatoes *rinse & halve*
30ml	40ml	NOMU Poultry Rub
15ml	20ml	Chicken Stock
30ml	40ml	Lemon Juice
22,5ml	30ml	Dijon Mustard
3	4	Garlic Cloves *peel & grate*
240g	320g	Baby Tomatoes *rinse & halve*
60g	80g	Pitted Kalamata Olives *drain & halve*
60g	80g	Danish-style Feta *drain*

From Your Kitchen

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

1. ROAST MOMENT Preheat the oven to 220°C. Boil the kettle. Pat the chicken dry with paper towel. Place on a roasting tray with the onion and the baby potatoes. Coat in oil, the NOMU rub, and seasoning. Dilute the stock with 225ml [300ml] of boiling water and pour over the tray. Roast until cooked through, 35-40 minutes.

2. PREP STEP In a bowl, combine the lemon juice (to taste), the mustard, and the garlic.

3. SOME ADD-ONS When the roast has 10-15 minutes remaining, give the tray a shift. Add the baby tomatoes and the olives. Drizzle over the mustard mixture. Return to the oven for the remaining time until cooked through.

4. ONE-TRAY DINNER Plate up the roast and crumble over the feta. Well done, Chef!