



UCCOOK

Lemon & Herb Chicken Tray-Bake

**with charred broccoli, blistered tomatoes
& golden baby potatoes**

Prep it, spice it, and chuck it in the oven!
A roast of herby chicken, blistered baby
potatoes, crispy baby potatoes, and charred
broccoli – accompanied by a fresh salad with
drizzles of basil dressing. Effortless.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Easy Peasy

 No paired wines

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Ingredients & Prep

1	Free-range Chicken Leg Quarter
250g	Baby Potatoes <i>rinsed & halved</i>
2g	Fresh Thyme <i>rinsed & picked</i>
10ml	NOMU Roast Rub
150g	Broccoli Florets <i>cut into bite-sized pieces</i>
100g	Baby Tomatoes
1	Lemon <i>cut into wedges</i>
3g	Fresh Basil <i>rinsed & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>sliced into thin half-moons</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. READY THE ROAST! Preheat the oven to 200°C. Pat the chicken dry with paper towel and place on a roasting tray with the halved baby potatoes. Coat in oil, the thyme leaves, ½ of the Roast Rub, and seasoning to taste. Roast in the hot oven for 30-35 minutes, shifting halfway. Place the broccoli pieces, baby tomatoes, and 1 lemon wedge on a separate roasting tray. Coat in oil, the remaining Roast Rub, and seasoning to taste. Set aside for step 3.

2. MAKE THE DRESSING & TOSS THE SALAD Squeeze the juice of ½ a lemon wedge into a small bowl. Add in ½ a tsp of a sweetener of choice, ½ of the chopped basil, and 1 tbsp of olive oil. Whisk until well combined and season to taste. Place the rinsed green leaves, cucumber half-moons, and sliced radish in a salad bowl. Toss through the basil dressing until coated, and set aside for serving.

3. VEGGIE TIME When the roast has been in for 10 minutes, pop the tray of veg in the oven and cook for 15-20 minutes until the broccoli is charred and the tomatoes are blistered.

4. CRISPY CHICKY When the veg is cooked, remove from the oven. Remove the lemon wedge from the tray and set aside to cool slightly. Turn the oven up to the highest setting and grill the chicken and potatoes for the remaining roasting time until the chicken skin is crispy. Watch closely to make sure nothing burns! Remove from the oven on completion. Squeeze the juice from the roast lemon over the tray of veg.

5. ALL ABOARD THE DINNER TRAIN! Plate up the uber crispy roast chicken and potatoes. Side with the broccoli, tomatoes, and fragrant salad. Garnish with the remaining basil and a lemon wedge. Magnificent!



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	385kj
Energy	92Kcal
Protein	7.2g
Carbs	7g
of which sugars	1.4g
Fibre	1.8g
Fat	3.5g
of which saturated	1g
Sodium	87mg

Allergens

Allium

Cook
within 3
Days