



UCOOK

Peri-Peri Chicken & Chips

with zesty lemon cabbage

Why wait for take-out when you can make it yourself, as easy as 1, 2, 3, 4! Chicken pieces are roasted until golden and crispy, then doused in a lipsmacking peri-peri sauce. Sided with roasted potato fries and a simple zesty cabbage slaw. Boom!


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Isabella Melck

 ***NEW Simple & Save**

 **Waterkloof | False Bay Chenin Blanc**

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Ingredients & Prep

2	Free-range Chicken Pieces
200g	Potato <i>rinsed & sliced into 1cm thick fries</i>
100g	Cabbage <i>½ finely sliced</i>
10ml	Lemon Juice
30ml	Mild Peri-peri Sauce

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 220°C. Pat the chicken pieces and the fries dry with paper towel. Evenly spread out in a single layer, coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. LEMONY CABBAGE Place the sliced cabbage in a bowl, add the lemon juice, seasoning, and toss to combine. Set aside in the fridge.

3. PERI-PERI CHICKEN When the chicken is done, pour the peri-peri sauce into a dish and combine with a splash of water. Drizzle the sauce over the chicken and mix to coat. Return to the oven until sticky, 4-5 minutes.

4. TIME TO EAT Plate up the fries, side with the peri-peri chicken, and the lemony cabbage. Easy, Chef!



Chef's Tip

Air fryer method: Pat the chicken and fries dry. Coat in oil and season. Air fry at 200°C until cooked through, 25-35 minutes (shifting halfway). If you have the time, take the opportunity to light up the braai and grill the chicken pieces over the hot coals.

Nutritional Information

Per 100g

Energy	471kJ
Energy	113kcal
Protein	9g
Carbs	7g
of which sugars	3.4g
Fibre	1.1g
Fat	4.9g
of which saturated	1.3g
Sodium	75mg

Allergens

Gluten, Allium, Wheat

Cook
within 2
Days