

# U COOK

## One-tray Greek Chicken Bake

with Danish-style feta & fresh oregano

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Doos Wine | Doos Dry White 3L

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	475.2kJ	3582.3kJ
Energy	113.7kcal	856.9kcal
Protein	8g	60.4g
Carbs	8g	60.3g
of which sugars	2g	14.9g
Fibre	1.2g	9.1g
Fat	5.1g	38.8g
of which saturated	1.5g	11.7g
Sodium	223.1mg	1682mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

Serves 1 [Serves 2]

2	4	Free-range Chicken Pieces
1	1	Onion <i>peel &amp; cut <math>\frac{1}{2}</math> [1] into wedges</i>
200g	400g	Baby Potatoes <i>rinse &amp; halve</i>
10ml	20ml	NOMU Roast Rub
5ml	10ml	Chicken Stock
10ml	20ml	Lemon Juice
7,5ml	15ml	Dijon Mustard
1	2	Garlic Clove/s <i>peel &amp; grate</i>
80g	160g	Baby Tomatoes <i>rinse &amp; halve</i>
20g	40g	Pitted Kalamata Olives <i>drain &amp; halve</i>
3g	5g	Fresh Oregano <i>rinse &amp; pick</i>
20g	40g	Danish-style Feta <i>drain</i>

## 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 75ml [150ml] of boiling water and pour over the tray. Roast until cooked through, 25-30 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, the olives, and  $\frac{1}{2}$  the oregano. 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. Garnish with the remaining oregano. Well done, Chef!