



# WCOOK

## Sticky Plum Chicken

with roasted veggies

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Stettyn Wines | Stettyn Family Range  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	381kJ	3866kJ
Energy	91kcal	927kcal
Protein	6g	60.9g
Carbs	9g	89g
of which sugars	5.1g	51.9g
Fibre	1.4g	14.2g
Fat	3.5g	35.9g
of which saturated	1.1g	11.6g
Sodium	139mg	1416mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
40ml	80ml	Plum Sauce
250g	500g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
1	1	Onion <i>peel &amp; cut ½ [1] into wedges</i>
10ml	20ml	Nomu Does Everything
50g	100g	Kale <i>rinse &amp; roughly shred</i>
1	1	Bell Pepper <i>rinse, deseed &amp; cut ½ [1] into bite-sized pieces</i>
20g	40g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

**1. PLUM SAUCE CHICKEN** Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 2-3 minutes, baste the chicken with the plum sauce. Return to the oven and allow to caramelise.

**2. VEGGIE MEDLEY** Spread the butternut, and the onion on a separate roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**3. ADD MORE COLOUR** Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the butternut has 10 minutes remaining, give the tray a shift and scatter over the dressed kale, and the pepper. Roast for the remaining time.

**4. SO SATISFYING!** Place up the roasted veggies, and crumble over the feta. Side with the sticky plum chicken.