



UCOOK

Magnificent Chicken Marbella

with lemon, capers & sweet dates

In our take on this classic French dish, our chicken pieces are roasted in a sauce loaded with olives, capers, lemon wedges, white wine and dates. A side of crusty baguette ensures every last bit of the delicious roasting juices are soaked up and devoured!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Sijnn Wines | Sijnn White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Free-range Chicken Pieces
15g	Capers
25g	Pitted Kalamata Olives
10g	Pitted Dates
10ml	Red Wine Vinegar
1	Red Onion <i>½ peeled & cut into quarters</i>
1	Lemon <i>½ cut into wedges</i>
4g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
45ml	White Wine
1	Sourdough Baguette <i>½ cut in half lengths</i>
20g	Salad Leaves
40g	Peas

From Your Kitchen

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

1. PREP THE CHICKEN Preheat the oven to 200°C. Place a pan over high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken pieces until browned, 3-4 minutes per side. While the chicken is frying, drain the capers and olives, and roughly chop the dates.

2. ROASTY ROAST In a baking dish, combine the vinegar, the drained olives, the onion wedges, the drained capers, the chopped dates, the juice of 1 lemon wedge, ½ the chopped oregano, the white wine, 30ml of water, and seasoning. Top with the browned chicken and roast until the chicken is cooked through, 15-20 minutes.

3. LE BAGUETTE Butter the cut-side of the halved baguette or drizzle with oil. Place on a separate roasting tray, cut-side up, and pop in the hot oven. Bake until warmed through, 3-4 minutes.

4. SALAD CITY Rinse the salad leaves. In a bowl, combine the rinsed salad leaves, the peas, a drizzle of olive oil, a squeeze of lemon juice, and seasoning.

5. BELLE MARBELLA! Plate up a hearty serving of the chicken Marbella. Side with the fresh salad and the crusty baguette. Sprinkle over the remaining oregano. Amazing work, Chef!

Nutritional Information

Per 100g

Energy	629kJ
Energy	1500kcal
Protein	10.2g
Carbs	14g
of which sugars	3.5g
Fibre	1.8g
Fat	5.4g
of which saturated	1.4g
Sodium	224.7mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol

Cook
within 3
Days