



UCOOK

Citrus Maple Chicken Roast

with spiced carrot wedges, crispy kale & fresh orange

Look forward to marvelous mouthfuls of a midweek roast: chicken pieces rubbed with oriental spices and baked with kale, carrot, and lentils, with a cheeky maple syrup, apple cider vinegar, and fresh orange glaze.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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Ingredients & Prep

2	Free-range Chicken Pieces
240g	Carrot <i>peeled (optional) & cut into wedges</i>
5ml	NOMU Oriental Rub
80g	Kale <i>rinsed & roughly shredded</i>
120g	Lentils <i>drained & rinsed</i>
2	Baby Onions
30ml	Maple Glaze <i>(10ml Maple Syrup & 20ml Apple Cider Vinegar)</i>
1	Orange <i>one ½ zested & cut into wedges</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GET READY TO ROAST Preheat the oven to 200°C. Pat the chicken dry with paper towel. Place the carrot wedges and chicken pieces on a large roasting tray. Coat in oil, the Oriental Rub, and a little seasoning to taste. Spread out in a single layer and roast in the hot oven for 30-35 minutes. Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, massage until softened and coated. Toss through the drained lentils and set aside.

2. BRAISED BABY ONIONS When the roast reaches the halfway mark, peel the onions and halve lengthways. Don't remove the tip that keeps the layers joined together. Place a nonstick pan that has a lid over a medium heat. Pour in enough oil to cover the base, add in the onion halves, and turn cut-side down. Once sizzling, reduce to a low heat and pop on the lid. Allow to braise for 15-20 minutes until the cut side is charred and caramelised, shifting occasionally. Remove the pan from the heat on completion.

3. TIME FOR SOME CRISP When the roast has 10 minutes remaining, give it a shift and sprinkle the kale and lentils around it. Return to the oven and roast for the remaining time until the chicken is cooked through and everything is crisping up.

4. CITRUS MAPLE GLAZE Place a small pot over a medium heat with a drizzle of oil. Pour in the maple glaze and squeeze in the juice of 1 orange wedge. Simmer for 2-3 minutes until slightly thickened and glossy. Remove from the heat on completion and stir through a knob of butter (optional).

5. A DELIGHTFUL DINNER Serve up some crispy kale, lentils, and carrot wedges. Top with the baby onions and steamy chicken pieces, and drizzle over the maple glaze to taste. Garnish with the chopped parsley, the orange zest, and an orange wedge. Stunning!



Chef's Tip

One medium carrot contains almost 90% of the RDA of vitamin A! Grate up fresh carrot and add it to salads or slaws for a colour and nutrient boost. Or, if you're roasting a tray of veg, why not chuck in a couple of carrots as well?

Nutritional Information

Per 100g

Energy	433kJ
Energy	104Kcal
Protein	7.1g
Carbs	15g
of which sugars	5.7g
Fibre	4.4g
Fat	2.3g
of which saturated	0.6g
Sodium	73mg

Allergens

Allium, Sesame, Sulphites

Cook
within 3
Days