



UCCOOK

Finger-Licking Chutney Chicken

with roast veg salad, feta & toasted pumpkin seeds

You're sure to be licking your fingers clean after this delectably sticky chutney-smothered-chicken! It comes with a warm spiced butternut and cauliflower bulgar wheat salad. To keep it fresh we've added a leafy feta salad and sprinkles of pumpkin seeds. YUM!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Easy Peasy

 Haute Cabrière | Pierre Jourdan Brut

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Ingredients & Prep

150g	Butternut & Cauliflower Mix <i>cut into bite-sized pieces</i>
5ml	NOMU Moroccan Rub
1	Garlic Cloves <i>peeled & grated</i>
45ml	The Larder Plum Chutney
15ml	Worcestershire Sauce
2	Free-range Chicken Pieces
75ml	Bulgur Wheat
10g	Pumpkin Seeds
20g	Green Leaves <i>rinsed</i>
15ml	Raspberry Vinegar
40g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. PREP & HOLD Preheat the oven to 200°C. Place the butternut & cauliflower pieces on a roasting tray, coat in oil, the Moroccan rub, ½ the grated garlic, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. PREP & GO! In a bowl, mix together the plum chutney, the Worcestershire sauce, remaining grated garlic, and some seasoning. Add the chicken pieces and toss until fully coated. Place the coated chicken pieces on a separate roasting tray and spoon over any remaining chutney sauce. Roast in the hot oven for 30-35 minutes until cooked through and sticky, shifting at the halfway mark.

3. WITH THE GRAIN Boil the kettle. In a shallow bowl, submerge the bulgur wheat in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion, replace the plate, and set aside.

4. TOASTY SEEDS Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

5. SALAD LIFE Once the roast veg and bulgar wheat are done, mix the roasted veg, a drizzle of olive oil, and some seasoning through the bulgar wheat. Toss until fully combined. In a separate salad bowl, toss together the green leaves, raspberry vinegar, a drizzle of olive oil, and seasoning.

6. DINNER! Plate up a generous helping of loaded bulgar wheat. Place the sticky chicken pieces alongside and serve with the fresh salad. Crumble the feta over the salad and sprinkle over the pumpkin seeds. Stunning, Chef!



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	655kj
Energy	157Kcal
Protein	9.6g
Carbs	20g
of which sugars	7.5g
Fibre	3.7g
Fat	6.4g
of which saturated	2.5g
Sodium	208mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 3
Days