

UCOOK

Sunday Chicken Roast

with carrot wedges, Danish-style feta & a zesty green bean salad

Banish the mid-week blues with the comfort of a fresh-flavoured roast! Steamy chicken pieces in a thyme, garlic, and lemon marinade, nestled amongst oven-caramelised carrot, onion, and chickpeas.

Hands-On Time: 20 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Sylvia Muyambo

 **Easy Peasy**

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



Ingredients & Prep

2	Free-range Chicken Pieces
20ml	Cabernet Sauvignon Vinegar
10ml	NOMU Italian Rub
2g	Fresh Thyme <i>rinsed & picked</i>
1	Garlic Clove <i>peeled & grated</i>
1	Lemon <i>one half zested & cut into wedges</i>
240g	Carrot <i>peeled & cut into wedges</i>
120g	Chickpeas <i>drained & rinsed</i>
1	Onion <i>one half peeled & cut into wedges</i>
100g	Green Beans
40g	Danish-style Feta <i>drained</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. THE MARINATING STEP Preheat the oven to 200°C. Place the cab sauv vinegar, Italian Rub, rinsed thyme leaves, and grated garlic in a bowl. Mix in 2 tbsp of oil and the juice of 1 lemon wedge. Pat the chicken dry with paper towel and place in the bowl of marinade. Toss until coated and set aside to marinate for at least 10-15 minutes.

2. WHEN THE CHICKEN HAS FINISHED MARINATING... Place the carrot wedges on a roasting tray, coat in oil, and season. Nestle the chicken amongst them and pour over the remaining marinade. Roast in the hot oven for 35-40 minutes until cooked through and crisping up. Place the onion wedges and drained chickpeas in a bowl. Coat in oil, season, and set aside.

3. YOU'RE HALFWAY! When the roast reaches the halfway mark, give the carrots a shift and add the chickpeas and onion to the tray. Return to the oven for the remaining roasting time until the chickpeas are crispy.

4. BLANCH THE BEANS Boil the kettle. Rinse the green beans, trim, and slice into thirds. Place a pot over a high heat, fill with boiling water, and add a pinch of salt. Once boiling rapidly, blanch the green beans for 2-3 minutes until cooked but still crunchy. Drain on completion and run under cold water to stop the cooking process.

5. LOOKING GOOD! Place the beans and rinsed green leaves in a bowl. Add a drizzle of olive oil, a squeeze of lemon juice, and a pinch of zest. Toss to combine and season to taste. When the roast is ready, remove from the oven and crumble over the drained feta.

6. RADIANT ROAST Plate some herby roast veggies next to the crispy chicken pieces and serve the zesty green salad on the side. Garnish with the remaining lemon zest to taste. Simple and satisfying!



Chef's Tip

The longer you marinate the meat, the better! So if time is on your side, plan to complete the marinating step a while before you start cooking and leave the chicken in the fridge to marinate for up to 2 hours before you roast it.

Nutritional Information

Per 100g

Energy	438kJ
Energy	105Kcal
Protein	6.4g
Carbs	10g
of which sugars	3.4g
Fibre	3.2g
Fat	4.1g
of which saturated	1.5g
Sodium	173mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days