



UCOOK

Roast Chicken Drumsticks & Chutney Mayo

with almonds & fresh parsley

Juicy chicken is doused in a sweet & tangy chutney mayo sauce whilst being roasted to crisp, sticky perfection! Served with fluffy couscous loaded with onions, mushrooms, and crunchy flaked almonds. This dish has everything... and more!

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

2	Free-range Chicken Drumsticks
80ml	Chutney Mayo <i>(50ml That Mayo (Original) & 30ml Mrs Balls Chutney)</i>
75ml	Whole Wheat Couscous
125g	Button Mushrooms
1	Onion <i>½ peeled & roughly sliced</i>
15g	Almonds
20g	Green Leaves <i>rinsed</i>
4g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. SAUCY CHUTNEY CHICKEN Preheat the oven to 200°C. Boil the kettle. Place the chicken drumsticks on a roasting tray. Pat dry with paper towel. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway. In the final 5 minutes, pour $\frac{3}{4}$ of the chutney mayo over the chicken and season.

2. COUSCOUS TIME Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

3. LOADED MUSHROOM COUSCOUS Cut the mushrooms into quarters. Place a pan over medium-high heat with a drizzle of oil. When hot, add the quartered mushrooms and the sliced onion. Fry for 3-4 minutes until the onions are soft. On completion, add to the bowl with the cooked couscous along with the almonds. Toss until fully combined and season to taste.

4. DINNER IS SERVED! Make a bed of the rinsed green leaves and pile up the loaded couscous alongside. Top with the saucy chutney chicken and dollop over the remaining chutney mayo. Sprinkle over the picked parsley. Stunning, Chef!



Chef's Tip

If you would like to toast the almonds, place them in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally.

Nutritional Information

Per 100g

Energy	766kJ
Energy	183kcal
Protein	9.9g
Carbs	16g
of which sugars	5.3g
Fibre	2.3g
Fat	8.1g
of which saturated	2g
Sodium	93mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within 3
Days