



UCOOK

One-Tray Wonder Chicken

with a side salad & That Mayo

Enjoy this quick and delicious dinner as easy as 1, 2, 3, 4! A true one-tray wonder with tender roasted chicken pieces, sweet carrot wedges & pumpkin chunks. Served alongside a bright fresh salad and dollops of garlic That mayo!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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

Ingredients & Prep

| | |
|------|--|
| 2 | Free-range Chicken Pieces |
| 1 | Onion <i>½ peeled & cut into thin wedges</i> |
| 120g | Carrot <i>rinsed, trimmed & cut into wedges</i> |
| 200g | Pumpkin Chunks <i>cut into bite-sized pieces</i> |
| 5ml | NOMU Mexican Spice Blend |
| 20g | Salad Leaves |
| 20g | Radish |
| 4g | Fresh Parsley |
| 10g | Sunflower Seeds |
| 30ml | That Mayo (Garlic) |

From Your Kitchen

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

1. DON'T BE TRAY ME Preheat the oven to 220°C. Pat the chicken pieces dry with paper towel. Place on a roasting tray along with the onion & carrot wedges and the pumpkin pieces. Coat in oil, the NOMU spice blend (to taste), and seasoning. Pop in the hot oven and roast until cooked through and starting to crisp, 25-30 minutes (shifting halfway).

2. FOR THE FRESHNESS While the chicken and veg are roasting, rinse the salad leaves, the radish, and the parsley. Roughly chop the parsley. Cut the radish into quarters or thinly slice. Set aside.

3. BE-LEAF ME, IT'S GOOD Just before serving, combine the rinsed salad leaves, the sunflower seeds, the sliced or quartered radish, a drizzle of olive oil, and seasoning.

4. DINNER IS SERVED! Plate up the roasted chicken and the veg. Dollop over the mayo and sprinkle over the chopped parsley. Serve with the fresh salad. Easy peasy, Chef!



Chef's Tip

Place the sunflower seeds in a pan over a medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 486kJ |
| Energy | 116kcal |
| Protein | 7.9g |
| Carbs | 8g |
| of which sugars | 2.9g |
| Fibre | 1.7g |
| Fat | 5.9g |
| of which saturated | 1.6g |
| Sodium | 81.2mg |

Allergens

Egg, Allium, Sulphites

Cook
within 3
Days