



UCOOK

Chicken, Roast Cabbage & Veg

with almonds & Danish-style feta

A hearty chicken roast dinner that's easy to make and even easier to eat. Chunks of roasted beetroot and butternut sit next to crispy chicken pieces, topped with crunchy cabbage. Sided with a minty salad containing pops of fresh peas and creamy feta.

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Creation Wines | Creation Viognier 2022

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Ingredients & Prep

200g	Butternut Chunks <i>cut into bite-sized pieces</i>
200g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
2	Free-range Chicken Pieces
100g	Cabbage <i>cut into large chunks</i>
10ml	NOMU Poultry Rub
30g	Almonds
50g	Peas
20g	Green Leaves <i>rinsed</i>
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
30g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. LIVING ON THE VEG Preheat the oven to 200°C. Boil the kettle. Spread the butternut pieces and beetroot chunks on a roasting tray. Coat in oil and season. Pop in the hot oven and roast for 35-40 minutes until cooked through and slightly crispy, shifting halfway.

2. IN GOES THE CHICKEN & CABBAGE Pat dry the chicken pieces with paper towel. Place on a separate roasting tray with the cabbage chunks. Coat in oil, the rub, and season. Roast in the oven for 25-30 minutes.

3. CHOP CHOP Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside. Roughly chop when cool enough to handle.

4. CAN I HAVE SOME MORE, PEAS? Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain and toss with the rinsed leaves, the chopped mint, a drizzle of oil and $\frac{3}{4}$ of the crumbled feta. Season and set aside until serving.

5. WINNER DINNER! Plate up the crispy chicken pieces, side with the roasted veg and scatter the cabbage over the roast. Pile up the mint & pea salad on the side and scatter over any remaining feta. Garnish it all with the toasted almonds, and there you have it!

Nutritional Information

Per 100g

Energy	495kJ
Energy	118kcal
Protein	8.2g
Carbs	6g
of which sugars	2.1g
Fibre	2.3g
Fat	6.1g
of which saturated	1.6g
Sodium	112mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within 3
Days