



# UCCOOK

## Mustard-glazed Cabbage & Chicken

with silky mash & green beans

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Thea Richter

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 473kJ    | 3974kJ      |
| Energy             | 113kcal  | 951kcal     |
| Protein            | 7.4g     | 62.5g       |
| Carbs              | 10g      | 86g         |
| of which sugars    | 4.1g     | 34.6g       |
| Fibre              | 1.9g     | 15.9g       |
| Fat                | 4.6g     | 38.5g       |
| of which saturated | 1g       | 8.2g        |
| Sodium             | 95mg     | 799mg       |

**Allergens:** Sulphites, Tree Nuts, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                 |
|----------|------------|---------------------------------------------------------------------------------|
| 2        | 4          | Free-range Chicken Pieces                                                       |
| 1        | 1          | Onion<br><i>peel &amp; cut ½ [1] into wedges</i>                                |
| 100g     | 200g       | Cabbage                                                                         |
| 35ml     | 70ml       | Honey-mustard<br><i>20ml [40ml] Dijon Mustard &amp; 15ml [30ml] Honey</i>       |
| 10ml     | 20ml       | Spice Blend<br><i>2.5ml [5ml] Thyme &amp; 7.5ml [15ml] NOMU Does Everything</i> |
| 80g      | 160g       | Green Beans                                                                     |
| 1        | 1          | Garlic Clove                                                                    |
| 200g     | 400g       | Potato                                                                          |
| 10g      | 20g        | Almonds                                                                         |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Paper Towel  
Water  
Milk (optional)  
Butter (optional)

**1. CHICKEN & VEG** Preheat the oven to 200°C. Pat the chicken dry with paper towel. Place on a roasting tray with the onion and the cabbage. Coat in oil, ½ the honey-mustard, the spice blend, and seasoning. Roast in the oven until cooked through and becoming crispy, 30-35 minutes (shifting halfway). When the roast has 10-15 minutes remaining, give the tray a shift. Scatter the green beans and the whole, unpeeled garlic clove over the tray. Roast until cooked through.

**2. MAKE THE MASH** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**3. CRUNCH FACTOR** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. GARLIC GREEN BEANS** When the roast is done, remove the garlic from the tray. Carefully squeeze out the flesh and roughly chop. In a bowl, combine the garlic, the remaining honey-mustard, and seasoning. Toss the green beans through the dressing and season.

**5. WELL DONE** Plate up the silky mash, topped with the roasted chicken and vegetables. Side with the dressed beans and scatter the almonds over the beans. Dinner is ready!