



UCOOK

Roast Chicken & Crispy Kale

with beetroot, dried pomegranate gems & a lemony-yoghurt dressing

It's a mouthwatering meal consisting of oven-roasted chicken & a veggie medley, sided with an avo, green bean, carrot & toasted sunflower seed salad. A lemon-yoghurt dip completes this culinary vision!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Carb Conscious

 Paserene | Bright Chardonnay

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Ingredients & Prep

3	Free-range Chicken Leg Quarters
450g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
15ml	NOMU Poultry Rub
150g	Kale <i>rinsed & roughly shredded</i>
30g	Sunflower Seeds
2	Avocados
2	Lemons <i>1½ zested & cut into wedges</i>
240g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
240g	Carrot <i>rinsed, trimmed, & peeled into ribbons</i>
150ml	Low Fat Plain Yoghurt
15g	Dried Pomegranate Gems

From Your Kitchen

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

1. THE ROAST WITH THE MOST Preheat the oven to 200°C. Pat the chicken dry with paper towel. Place on a roasting tray along with the beetroot chunks. Coat in oil, the rub and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway. Place the shredded kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until coated. Set aside.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. HAVO SOME AVO Halve the avocados and set aside one of the halves for another meal. Cut into bite-sized chunks, add a squeeze of lemon juice, and season.

4. CRISP UP THE KALE When the roast has 10-12 minutes remaining, pop the tray of kale into the hot oven and roast for the remaining time until crispy.

5. BEAN THERE, DONE THAT Return the pan to a medium-high heat with a splash of water. When starting to bubble, simmer the sliced green beans for 5-6 minutes until cooked al dente. Toss with a drizzle of oil, season, and remove from the pan.

6. ALMOST THERE In a bowl, combine the cooked green beans, the carrot ribbons, ½ the toasted sunflower seeds, a squeeze of lemon juice, and seasoning. In a separate bowl, combine the yoghurt and the lemon zest.

7. WINNER CHICKEN DINNER Plate up the fresh salad and scatter over the avo chunks. Sprinkle over the remaining sunflower seeds and the dried pomegranate gems. Side with the roast chicken & veg and the lemony yoghurt for dipping. Good job, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the chicken and the beetroot? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-30 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	411kJ
Energy	98kcal
Protein	5.5g
Carbs	6g
of which sugars	2g
Fibre	3.1g
Fat	5.8g
of which saturated	1.1g
Sodium	62mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days