



U C O O K

— COOKING MADE EASY

Chicken & Chorizo Tray Bake

with golden potatoes, fresh thyme & blistered baby tomatoes

This chicken tray bake is a piece of cake! As it cooks with the chicken, baby potatoes, and baby tomatoes, the chorizo becomes delectably crispy – giving this roast that extra special something. Served with a fresh salad, drizzled with Dijon mustard dressing.

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Oliver Swart

 **Easy Peasy**

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Ingredients & Prep

1kg	Baby Potatoes <i>rinsed & halved</i>
400g	Baby Tomatoes <i>rinsed</i>
20ml	NOMU Poultry Rub
8	Free-Range Chicken Pieces
120g	Sliced Chorizo <i>roughly chopped</i>
10g	Fresh Thyme <i>rinsed & picked</i>
90ml	Dijon Dressing <i>(60ml Red Wine Vinegar, 10ml Dijon Mustard & 20ml Honey)</i>
80g	Salad Leaves <i>rinsed</i>
200g	Cucumber <i>sliced into half-moons</i>

From Your Kitchen

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

1. GLORIOUS TRAY BAKE Preheat the oven to 200°C. Place the halved baby potatoes and three-quarters of the rinsed baby tomatoes on a large roasting tray. Coat in oil, season to taste, and spread out evenly. Pat the chicken pieces dry with some paper towel and place on a separate roasting tray, skin-side up. Coat in oil and the Poultry Rub, sprinkling any remaining rub over the veggies. Pop both trays in the hot oven to roast for 35-40 minutes.

2. SALAD STUFF Cut the remaining baby tomatoes into quarters and place in a salad bowl. Add the Dijon dressing, a drizzle of oil, and some seasoning. Toss to coat and set aside to marinate until serving.

3. AT THE HALFWAY MARK... Give the veggies a shift and toss through the thyme leaves and chopped chorizo. Return to the oven for the remaining roasting time. On completion, the baby potatoes should be crisp on the outside and soft on the inside, the tomatoes should have blistered, and the chicken should be cooked through and crispy-skinned.

4. FINISH OFF Just before serving, toss the rinsed salad leaves and cucumber half-moons through the marinated baby tomatoes until coated in dressing.

5. EASY AS 1, 2, 3! Dish up some gorgeously crispy chorizo and veg bake and top with the succulent chicken pieces. Serve with the tangy salad on the side. Simple, stunning, delight!



Chef's Tip

All tomatoes are high in antioxidants and vitamin C, but baby tomatoes have a slightly higher beta-carotene content than regular plum tomatoes.

Nutritional Information

Per 100g

Energy	496kJ
Energy	118Kcal
Protein	8.9g
Carbs	8g
of which sugars	1.9g
Fibre	1.4g
Fat	5.7g
of which saturated	1.7g
Sodium	111mg

Allergens

Allium, Sulphites

Cook
within 3
Days