



UCOOK

Lemon Herb Chicken & Roast Veg

with a Danish-style feta & Kalamata olive salad

Cooking can be such a joy. All you need is a full-proof recipe, great ingredients, and flavour combinations that surprise & delight the palate. This recipe ticks all those culinary boxes, with NOMU Provençal Rub-spiced chicken in butter and freshly squeezed lemon. Sided with an oven-roasted veggie medley and a zesty olive, feta & cucumber salad.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc

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Ingredients & Prep

250g	Roast Veg Mix
10ml	NOMU Provençal Rub
1	Free-range Chicken Breast
1	Lemon <i>rinse & cut ½ into wedges</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
20g	Pitted Kalamata Olives <i>drain</i>
30g	Danish-style Feta <i>drain</i>
45ml	Mustard Mayo <i>(40ml Mayo & 5ml Dijon Mustard)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. READY THE ROAST VEG Coat the roast veg mix in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until crispy, 18-20 minutes (shifting halfway).

2. LEMONY CHICKEN While the veg is cooking, place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter, the remaining NOMU rub, and a squeeze of lemon juice. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. FETA & OLIVE SALAD In a salad bowl, combine a sweetener (to taste) with a generous squeeze of lemon juice, a drizzle of olive oil, and seasoning. Toss through the shredded salad leaves, the cucumber half-moons, the drained olives, and the drained feta. Loosen the mustard mayo with water in 5ml increments until drizzling consistency. Set aside.

4. MMMMOUTHWATERING MEAL! Plate up the chicken and drizzle over the loosened mayo. Side with the roast veg and the salad. Serve any remaining lemon wedges on the side.



Chef's Tip

Preheat the oven to 200°C. Spread the roast veg mix on a roasting tray. Coat in oil, ½ the NOMU rub, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	428kj
Energy	102kcal
Protein	6.3g
Carbs	9g
of which sugars	2.2g
Fibre	1.6g
Fat	4.8g
of which saturated	1g
Sodium	134mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days