



UCOOK

Lemon & Herb Chicken

with smashed sweet potatoes & broccoli

Serve up an easy one-pan traybake of lemon & herb chicken with sweet potatoes and roasted broccoli. The best recipes are simple, but deliver loads of flavour in minimal time. And this dish ticks all the right boxes.

Hands-on Time: 25 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Carb Conscious

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

600g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
3	Free-range Chicken Leg Quarters
2	Red Onions <i>peeled & cut into thick wedges</i>
45ml	NOMU Provençal Rub
12g	Fresh Rosemary <i>rinsed</i>
45ml	Lemon Juice
45g	Almonds <i>roughly chopped</i>
450g	Broccoli Florets <i>cut into bite-sized pieces</i>

From Your Kitchen

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

1. ROASTED Preheat the oven to 200°C. Place the sweet potato pieces on one roasting tray. Coat in oil and season. Place the chicken leg quarters and onion wedges on a separate roasting tray and toss with oil, $\frac{3}{4}$ of the rub, the rinsed rosemary sprigs, seasoning and lemon juice. Roast both trays in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. TOASTED Place the chopped almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside.

3. CHARRED When the roast has 10-15 minutes to go, return the pan to a medium heat with a drizzle of oil. When hot, fry the broccoli pieces for 7-8 minutes until charred, shifting occasionally. In the final 1 minute, add the remaining rub and stir to combine. Remove from the heat and season.

4. SMOOSHED When the roast is done, remove and discard the rosemary sprigs. Smash the sweet potato with a fork or a potato masher, making sure to incorporate all the chicken roasting juices.

5. DEVoured! Plate up the smashed sweet potato and serve the crispy chicken on top. Place the roasted onion and charred broccoli alongside. Scatter over the toasted nuts and feast!

Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	9.3g
Carbs	8g
of which sugars	3g
Fibre	2g
Fat	5.6g
of which saturated	1.3g
Sodium	118mg

Allergens

Allium, Tree Nuts

Cook
within 3
Days