



U C O O K

— COOKING MADE EASY

Lemon & Thyme Chicken Roast

with roast carrot wedges, crispy chickpeas & Danish-style feta

Banish the mid-week blues with the comfort of a fresh-flavoured roast! Steamy chicken pieces in a thyme, garlic, and lemon marinade, nestled amongst caramelised carrot, onion, and chickpeas. Served with a leafy green bean side salad.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Sylvia Muyambo

 **Health Nut**

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Ingredients & Prep

20ml	Cabernet Sauvignon Vinegar
10ml	NOMU Italian Rub
2g	Fresh Thyme <i>rinsed & piced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Lemon <i>half zested & cut into wedges</i>
2	Free-Range Chicken Pieces
240g	Carrots <i>cut into wedges</i>
1	Onion <i>half peeled & cut into wedges</i>
120g	Chickpeas <i>drained & rinsed</i>
100g	Green Beans
20g	Green Leaves <i>rinsed</i>
40g	Danish-Style Feta <i>drained</i>

From Your Kitchen

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

1. MARINATE THE CHICKEN Preheat the oven to 200°C. Place the cab sauv vinegar, Italian Rub, rinsed thyme leaves, and grated garlic in a bowl. Mix in 2 tbsp of oil and the juice of 1 lemon wedge. Pat the chicken pieces dry with some paper towel and place in the bowl of marinade. Toss until coated and set aside to marinate for at least 10-15 minutes.

2. GET ROASTIN' Place the carrot wedges on a roasting tray, coat in oil, and season. Nestle the marinated chicken amongst them and pour over the remaining marinade. Roast in the hot oven for 35-40 minutes until cooked through and starting to crisp. Place the onion wedges and drained chickpeas in a bowl. Coat in oil, season, and set aside.

3. YOU'RE HALFWAY! When the roast reaches the halfway mark, give the carrots a shift and add the chickpeas and onion to the tray. Return to the oven and cook for the remaining roasting time until the chickpeas are crispy.

4. BLANCH THE BEANS Boil the kettle. Rinse, trim and slice the green beans into thirds. Place a pot over a high heat, fill with boiling water, and add a pinch of salt. Once boiling rapidly, blanch the green beans for 2-3 minutes until cooked through but still crunchy. Drain on completion and run under some cold water to stop the cooking process.

5. LOOKING GOOD! Place the sliced green beans and rinsed green leaves in a bowl. Add a drizzle of olive oil, a squeeze of lemon juice to taste, and a pinch of lemon zest. Toss to combine and season to taste. When the roast is ready, remove from the oven and crumble over the drained feta.

6. RADIANT ROAST Plate some comforting roast veggies next to the crispy chicken pieces and serve the zesty green salad on the side. Garnish with some lemon zest to taste. Simple and satisfying!



Chef's Tip

The longer you marinate the meat, the better! So if time is on your side, plan to complete the marinating step a while before you start cooking and leave the chicken in the fridge to marinate for up to 2 hours before you roast it.

Nutritional Information

Per 100g

Energy	470kJ
Energy	112Kcal
Protein	8g
Carbs	8g
of which sugars	3.2g
Fibre	2.5g
Fat	4.8g
of which saturated	1.7g
Sodium	130mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days