



UCCOOK

Miso Cabbage & Chicken Bake

with crispy onions & fresh herbs

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 414kJ | 3770kJ |
| Energy | 99kcal | 903kcal |
| Protein | 6.4g | 58.3g |
| Carbs | 5g | 49g |
| of which sugars | 2.1g | 19.5g |
| Fibre | 1.4g | 12.4g |
| Fat | 5.2g | 47.5g |
| of which saturated | 2.3g | 20.7g |
| Sodium | 101mg | 923mg |

Allergens: Soya, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 2 | 4 | Free-range Chicken Pieces |
| 200g | 400g | Cabbage <i>cut into bite-sized pieces</i> |
| 200g | 400g | Beetroot Chunks <i>cut into bite-sized pieces</i> |
| 1 | 1 | Onion <i>peel & cut into wedges</i> |
| 10ml | 20ml | Miso Paste |
| 100ml | 200ml | Coconut Milk |
| 30ml | 60ml | Crispy Onion Bits |
| 3g | 5g | Fresh Coriander <i>rinse, pick & roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

- 1. VEGGIE MEDLEY** Boil the kettle. Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Add the cabbage, the beetroot, and the onion. Coat in oil, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).
- 2. MISO MILK MAGIC** To a bowl, combine the miso, the coconut milk, and seasoning. When the chicken and veggies have reached the halfway mark, pour over the miso milk and bake until the milk has thickened, 15-20 minutes.
- 3. SIMPLE, YET SIMPLY SUPERB** Serve up the miso chicken bake, and garnish with the crispy onions, and the coriander.