

QCOOK

Roast Chicken & Baby Potatoes

with sun-dried tomatoes & **NOMU One For All Rub**

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	455kj	3163kj
Energy	109kcal	756kcal
Protein	8.1g	56.5g
Carbs	9g	63g
of which sugars	2.7g	19.1g
Fibre	1.1g	7.8g
Fat	4.6g	31.8g
of which saturated	1.2g	8.2g
Sodium	192mg	1005mg

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2	4	Free-range Chicken Pieces
1	1	Onion <i>peel & cut into thin wedges</i>
250g	500g	Baby Potatoes <i>rinse & halve</i>
10ml	20ml	NOMU One For All Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
10ml	20ml	Lemon Juice

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel and scatter over the onion and potatoes. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. JUST BEFORE SERVING In a bowl, combine the salad leaves, the sun-dried tomatoes, the lemon juice (to taste), and seasoning.

3. DINNER IS READY Dish up the roasted chicken, potatoes and onions, and serve alongside the simple salad. Well done, Chef!

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.