



# UCOOK

## Roasted Chicken & Artichokes

with **crispy kale & nutmeg sauce**

This dish is super delicious and requires minimal dish use! Chicken pieces and artichokes are roasted with a creamy nutmeg sauce. This is then sided with a crispy kale salad. The only answer here is, "Yes!" and the only reaction is, "Yum, Chef!"

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Aisling Kenny

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Carb Conscious

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Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

4	Free-range Chicken Pieces
500g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>
20ml	Dried Thyme
100g	Kale <i>rinse &amp; roughly shred</i>
10ml	Dried Chilli Flakes
10ml	Ground Cumin
80ml	Grated Italian-style Hard Cheese
100ml	Fresh Cream
5ml	Ground Nutmeg
80g	Artichoke Quarters <i>drain &amp; halve</i>
40g	Green Leaves <i>rinse</i>
30ml	Lemon Juice

## From Your Kitchen

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

**1. THYME TO MAKE SOME DELISH DRUMSTICKS** Preheat the oven to 200°C. Place the chicken pieces and the butternut pieces on a roasting tray. Coat in oil, the dried thyme, and seasoning. Roast in the hot oven until golden and crispy, 25-30 minutes. Place the shredded kale on a second roasting tray with a drizzle of oil, ½ the chilli flakes (to taste), the cumin, and seasoning. Using your hands, gently massage the kale until softened and coated. Sprinkle over the grated cheese. Set the tray of kale aside.

**2. DREAMY SAUCE** Boil the kettle. In a bowl, combine the cream, the nutmeg, 100ml of boiling water, and seasoning. Set aside.

**3. FINISHING UP** When the roast has 15 minutes remaining, remove the tray from the oven. Scatter the halved artichokes over the tray and pour over the creamy nutmeg sauce. Return to the oven for the remaining roasting time along with the tray of cheesy kale. On completion, the chicken should be cooked through and the kale should be crispy. In a salad bowl, toss together the rinsed green leaves, the crispy kale, a drizzle of oil and seasoning.

**4. A MEAL THAT'S MORE THAN O-KALE!** Plate up the chicken & artichoke bake. Pour over any remaining nutmeg sauce from the tray. Side with the crispy kale salad. Sprinkle over the remaining chilli flakes (to taste). Drizzle over the lemon juice (to taste). Delicious, Chef!

## Nutritional Information

Per 100g

Energy	561kJ
Energy	134kcal
Protein	9.3g
Carbs	7g
of which sugars	1.6g
Fibre	2.1g
Fat	7.9g
of which saturated	3.2g
Sodium	62mg

## Allergens

Egg, Sulphites, Cow's Milk

Eat  
Within  
3 Days