



UCOOK

One-tray Chicken & Salsa Verde

with baby potatoes & a lemony kale salad

Classic yet colourful & flavoursome, we bring you an easy peasy one-tray bake consisting of chicken thighs, baby potatoes & red onion wedges. Topped with a fresh salsa verde made with parsley, basil, capers, garlic & a vinaigrette. Served with a lemony kale, cucumber & walnut salad. It doesn't get any better than this!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

2	Free-range Chicken Thighs
250g	Baby Potatoes <i>rinsed & cut in half</i>
1	Red Onion <i>½ peeled & cut into wedges</i>
15ml	NOMU Roast Rub
50g	Cucumber
50g	Kale
1	Lemon
1	Garlic Clove
20g	Mixed Herbs <i>(10g Fresh Parsley & 10g Fresh Basil)</i>
15g	Walnuts
15g	Capers <i>drained</i>
12,5ml	Vinaigrette <i>(10ml Red Wine Vinegar & 2,5ml Dijon Mustard)</i>

From Your Kitchen

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

1. TAKE IT EASY Preheat the oven to 220°C. Pat the chicken dry with paper towel. Place on a baking tray with the halved baby potatoes and the onion wedges. Coat in oil, the rub, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through, shifting halfway. In the final 5-7 minutes, turn the oven onto the grill setting.

2. PREP STEP Slice the cucumber into half-moons. Rinse and roughly shred the kale. Cut the lemon into wedges. Peel and grate the garlic. Rinse and pick the mixed herbs.

3. EVERYTHING WILL BE O-KALE Place the shredded kale in a salad bowl with a drizzle of oil, a squeeze of lemon juice, and seasoning. Using your hands, massage the kale until softened and coated. Add the cucumber half-moons, the walnuts, and seasoning. Toss to combine.

4. IT'S VERDE GOOD Place the grated garlic (to taste), the picked mixed herbs, and the drained capers on a chopping board and finely chop. Place in a small bowl with the vinaigrette (to taste), a drizzle of olive oil, and seasoning. Mix until combined.

5. DIG IN! Plate up the chicken & potato bake and top with the salsa verde. Side with the lemony kale salad. Dig in, Chef!



Chef's Tip

Toasting your walnuts can go a long way in terms of flavour and texture! Just toast them in a pan, or pop them in the hot oven for 2-3 minutes.

Nutritional Information

Per 100g

Energy	475kJ
Energy	113kcal
Protein	8.1g
Carbs	8g
of which sugars	1.8g
Fibre	1.4g
Fat	5.2g
of which saturated	1.2g
Sodium	175mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days