



# UCOOK

## Golden Chicken & Red Hummus

**with roasted pumpkin, red onion & pecan nuts**

When you've had a long day at the office, but still want to sit down with a satisfying plate of home-cooked food - save this recipe! Golden roast chicken pieces with a side of roasted pumpkin chunks & onion wedges, plus a fresh salad. Serve with red pepper hummus and you're done!

---

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

---

**Serves:** 4 People

---

**Chef:** Morgan Nell

---

 Fan Faves

---

 Simonsig | Die Kluisenaar White Blend

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

8	Free-range Chicken Pieces
1kg	Pumpkin Chunks <i>cut into bite-sized pieces</i>
2	Red Onions <i>peeled &amp; cut into thick wedges</i>
40ml	NOMU Roast Rub
2	Tomatoes
80g	Salad Leaves
200g	Cucumber
125ml	Red Pepper Hummus
60ml	White Wine Vinegar
40g	Pecan Nuts <i>roughly chopped</i>

## From Your Kitchen

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

**1. CRISPY VEGGIES** Preheat the oven to 200°C. Pat the chicken dry with paper towel and place on a roasting tray along with the pumpkin pieces and the onion wedges. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. GET SOME PREP DONE** Thinly slice the tomato and season. Rinse the salad leaves. Cut the cucumber into rounds. Loosen the hummus with water in 10ml increments until drizzling consistency. Season.

**3. IT'S THE SIMPLE THINGS** In a salad bowl, combine the vinegar, a drizzle of oil, seasoning, the rinsed salad leaves, the tomato slices, the cucumber rounds, and the chopped pecans.

**4. AND DINNER IS DONE!** Plate up the roasted vegetables alongside the golden chicken and the fresh salad. Serve with the loosened red pepper hummus on the side for dunking. Easy peasy, Chef!



## Chef's Tip

Air-fryer method: Coat the chicken and veg in oil, seasoning, and the NOMU rub. Air fry at 200°C until crispy, 15-20 minutes (flipping halfway).

## Nutritional Information

Per 100g

Energy	396kJ
Energy	95kcal
Protein	7.3g
Carbs	6g
of which sugars	2.3g
Fibre	1.5g
Fat	4.9g
of which saturated	1.2g
Sodium	100mg

## Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook  
within 2  
Days