

U COOK

Chicken & Creamy Green Sauce

with charred baby marrow & crispy chickpeas

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	361kJ	1882kJ
Energy	86kcal	450kcal
Protein	9.8g	51g
Carbs	7g	37g
of which sugars	2g	10g
Fibre	2g	11g
Fat	1.6g	8.5g
of which saturated	0.5g	2.9g
Sodium	67.1mg	350.2mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

450g	600g	Free-range Chicken Mini Fillets
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
15ml	20ml	NOMU Roast Rub
150ml	200ml	Greek Yoghurt
2	2	Onions <i>peel & cut into thick wedges</i>
2	2	Garlic Cloves <i>peel & grate</i>
300g	400g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>
180g	240g	Chickpeas <i>drain & rinse</i>
150g	200g	Peas

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Blender (optional)

Cooking Spray

1. CHICK & ONION Place a pan over medium-high heat. Lightly coat the chickpeas and onion with cooking spray. When hot, fry the chickpeas and onions until crispy and golden, 10-12 minutes (shifting occasionally). If the chickpeas start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively: Air fry at 200°C until cooked through and crispy, 20-25 minutes (shifting halfway).

2. MARROWS Return the pan to medium-high heat and lightly coat the baby marrow with cooking spray. Fry the baby marrow until lightly charred, 4-5 minutes (shifting occasionally). Remove from the pan and season.

3. CHICKEN Return the pan to medium heat. Pat the chicken dry with paper towel and lightly coat with cooking spray. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. During the final 30-60 seconds, spice the chicken with the NOMU rub. You may need to do this step in batches. Remove from the pan, season, and set aside.

4. CREAMY GREEN SAUCE Return the pan, wiped down, to medium heat and lightly coat with cooking spray. When hot, fry the peas and the garlic until fragrant, 2-3 minutes. Remove from the pan and add to the blender along with the yoghurt and 6 [8] tbsp of water. Pulse until a smooth sauce. Remove from the blender, season, and set aside. Alternatively: Add the garlicky peas and the yoghurt to a bowl. Mash with a fork or a potato masher until combined. Loosen with 6 [8] tbsp of water, mix to combine and season.

5. DINNER IS SERVED Combine the salad leaves with the chickpeas and onions. Make a bed of the green sauce, top with the loaded chickpeas, the baby marrow pieces, and the chicken. 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.