



UCOOK

Chicken Shawarma Bowl

with a cannellini bean hummus, tzatziki & feta

This Middle Eastern-inspired bowl is all about big flavour with minimal effort! Succulent cumin chicken fillets, DIY cannellini bean hummus, greek-style salad and light tzatziki. What more could your tastebuds ask for?

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Ella Nasser

 Carb Conscious

 Fat Bastard | The Golden Reserve

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Ingredients & Prep

| | |
|------|---|
| 30ml | Ground Cumin |
| 300g | Free-range Chicken Mini Fillets |
| 240g | Cannellini Beans <i>drained & rinsed</i> |
| 50ml | Tahini |
| 30ml | Lemon Juice |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 100g | Cucumber <i>cut into half-moons</i> |
| 1 | Tomato <i>diced</i> |
| 1 | Red Onion <i>½ peeled & finely sliced</i> |
| 40g | Green Leaves <i>rinsed & gently shredded</i> |
| 80g | Danish-style Feta <i>drained & crumbled</i> |
| 60ml | Tzatziki |

From Your Kitchen

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

1. MARINADE & HUMMUS In a bowl, add ½ the cumin, a drizzle of oil, and seasoning. Mix until fully combined. Add the chicken mini fillets. Toss until fully coated, and set aside to marinate. In a blender, add the drained cannellini beans, the tahini, ½ the lemon juice, the remaining cumin, the grated garlic (to taste), and a drizzle of olive oil. Pulse until smooth. Season to taste.

2. FRESH SALAD IN A FLASH In a bowl, combine the cucumber half-moons, the diced tomato, the sliced onion, the remaining lemon juice, a drizzle of oil, and seasoning.

3. SUCCULENT CUMIN CHICKEN Place a nonstick pan over a medium heat. When hot, add the marinated chicken mini fillets and fry for 2-3 minutes per side until golden and cooked through. Remove from the pan on completion and set aside to rest for 3 minutes.

4. LET'S ROCK 'N BOWL! Plate up the shredded green leaves. Top with the greek-style salad and the succulent cumin chicken fillets. Scatter over the crumbled feta. Dollop with the tzatziki and serve with the homemade cannellini hummus. Dig in, Chef!

Chef's Tip

If you have any leftover hummus, store it in the the fridge for use in another meal. We recommend serving it with some crunchy chips!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 426kJ |
| Energy | 102Kcal |
| Protein | 8.4g |
| Carbs | 7g |
| of which sugars | 1.7g |
| Fibre | 1.9g |
| Fat | 4.4g |
| of which saturated | 1.4g |
| Sodium | 139mg |

Allergens

Dairy, Allium, Sesame

Cook
within 3
Days