



UCOOK

Caper-olive Chicken & Greek Chickpeas

with charred baby marrow, Danish-style feta & green bell pepper

Take your taste buds on a quintessentially Greek trip - no visa required! A loaded Greek-style chickpea salad with green peppers, olives, red onion, charred baby marrow, and feta is sided with crispy chicken topped with a caper-olive salsa.


Hands-on Time: 30 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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

Ingredients & Prep

300g	Baby Marrow <i>rinsed, trimmed & sliced into 1cm thick strips</i>
2	Garlic Cloves
120g	Pitted Kalamata Olives
30g	Capers
45ml	Lemon Juice
3	Free-range Chicken Breasts
360g	Chickpeas
75g	Danish-style Feta
12g	Fresh Parsley
2	Green Bell Peppers
150g	Cucumber
1	Red Onion

From Your Kitchen

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

1. GET YOUR CHAR ON Place a griddle pan or pan (with a lid) over medium heat with a drizzle of oil. When hot, add the baby marrow strips and fry for 3-4 minutes per side until charred and cooked al dente. Remove from the pan and cut into bite-sized chunks.

2. SALSA ON THE SIDE Peel and grate the garlic. Drain the olives and the capers. Halve ½ the drained olives. Roughly chop the drained capers and remaining olives. Place the chopped capers and the chopped olives in a bowl. Add a ¼ of the lemon juice, the grated garlic (to taste), a drizzle of oil, and a pinch of pepper. Mix until combined.

3. CRISPY CHICKY Return the pan to medium heat with a drizzle of oil. Pat the chicken breasts dry with paper towel. When the pan is hot, fry the chicken, skin-side down, for 5-7 minutes until crispy and golden. Flip, pop on the lid, and fry for 5-7 minutes until cooked through. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the heat and rest in the pan for 5 minutes before slicing. Lightly season.

4. PREP IN YOUR STEP While the chicken is cooking, drain the chickpeas and the feta. Rinse the drained chickpeas and the parsley. Roughly chop the parsley. Roughly dice 1½ of the green peppers. Roughly dice the cucumber and ¾ of the onion.

5. SCRUMPTIOUS SALAD In a salad bowl, combine the rinsed chickpeas, the diced cucumber, the diced onion (to taste), the diced green pepper, the halved olives, the charred baby marrow chunks, ½ the chopped parsley, the remaining lemon juice (to taste), a drizzle of oil, and seasoning. Toss to combine.

6. BIG FAT GREEK FEAST Bowl up the loaded chickpea salad. Crumble over the drained feta. Side with the crispy chicken slices. Spoon the caper & olive salsa over the chicken. Garnish with the remaining parsley. A party on a plate, Chef!

Nutritional Information

Per 100g

Energy	399kJ
Energy	95kcal
Protein	6.7g
Carbs	6g
of which sugars	2.1g
Fibre	2g
Fat	4.3g
of which saturated	1.4g
Sodium	126mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days