



# UCOOK

## Mediterranean Chicken Mezze Platter

with mushrooms, hummus & pita bread

A mini mezze platter for dinner! What could be better? Pan-fried baby tomatoes and mushrooms, creamy feta, tangy pickled peppers, soft pita breads, light tzatziki, smooth hummus and the juiciest chicken mince make up this delectable plate of tasty delights!

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**Hands-On Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People


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**Chef:** Hannah Duxbury

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 Quick & Easy

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 Boschendal | 1685 Sauvignon Blanc

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## Ingredients & Prep

375g	Button Mushrooms <i>wiped clean &amp; halved</i>
240g	Baby Tomatoes <i>halved</i>
3	Whole Wheat Pita Breads
450g	Free-range Chicken Mince
15ml	NOMU Provençal Rub
12g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
60g	Green Leaves <i>rinsed</i>
30g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
60g	Danish-style Feta <i>drained</i>
170ml	Tzatziki
170ml	Hummus

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter (optional)

**1. BEAUTIFUL & BLISTERED** Preheat the oven to 200°C. Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the halved mushrooms and tomatoes and fry for 5-6 minutes until golden and starting to blister, shifting occasionally. In the final minute, add a sweetener of choice (to taste) and some seasoning. Remove from the pan on completion and cover to keep warm.

**2. TOASTY PITAS** Quarter the pita breads and place on a baking tray. Pop in the hot oven for 3-4 minutes until heated through and starting to crisp.

**3. MINCE CITY** Return the pan to a high heat with a drizzle of oil and a knob of butter (optional). When hot, add the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 4-6 minutes until browned, stirring occasionally. In the final minute, add the rub, ½ the chopped oregano, and some seasoning. Cover to keep warm.

**4. FEELIN' FRESH** In a bowl, add the rinsed green leaves, the chopped peppers, a drizzle of oil, and seasoning. Crumble in the drained feta and toss until fully combined.

**5. A-MEZZE-ING!** Plate up the herby chicken mince alongside the tomato and mushroom mix, the pepper salad, the pita triangles, the tzatziki, and the hummus. Sprinkle over the remaining oregano. A mini mezze platter all for you! Opa, Chef!

## Nutritional Information

Per 100g

Energy	512kJ
Energy	122Kcal
Protein	8.4g
Carbs	12g
of which sugars	1.5g
Fibre	1.9g
Fat	4.3g
of which saturated	1.5g
Sodium	270mg

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook  
within 2  
Days