

# UCOOK

## Strandveld's Middle-Eastern Chicken

with chickpeas & a tahini dressing

This Middle-Eastern inspired chicken bowl puts other salads to shame, Chef! You'll see what we mean as soon as you taste a forkful of fresh greens, golden chickpeas, buttery & perfectly spiced slices of chicken, sweet raisins, crunchy croutons, toasted pine nuts, and the delicious tahini dressing, which adds a creamy zestiness.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Strandveld Winery

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Quick & Easy

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Strandveld | First Sighting Sauvignon Blanc

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## Ingredients & Prep

1	Free-range Chicken Breast
7,5ml	NOMU One For All Rub
60g	Chickpeas <i>drain &amp; rinse</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
100g	Cucumber <i>rinse &amp; cut into half-moons</i>
30g	Artichoke Hearts <i>drain &amp; roughly chop</i>
20g	Raisins
60ml	Tahini Dressing <i>(15ml Mayo, 10ml Tahini, 30ml Greek Yoghurt &amp; 5ml Honey)</i>
30g	Danish-style Feta <i>drain</i>
30g	Croutons
10g	Pine Nuts

## From Your Kitchen

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

**1. COOK THE CHOOK** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 3-4 minutes. Flip, cover with a lid, and fry until cooked through, 3-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**2. CRISPY CHICKPEAS** Place a pan over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in.

**3. PREP STEP** In a salad bowl, toss together the shredded salad leaves, the cucumber half-moons, the chopped artichokes, the crispy chickpeas, and the raisins. In a small bowl, loosen the tahini dressing with water in 5ml increments until drizzling consistency.

**4. SET THE TABLE** Plate up the salad and top with the sliced chicken. Crumble over the feta and scatter over the croutons and the pine nuts. Drizzle over the loosened dressing.



## Chef's Tip

Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

Energy	689kj
Energy	165kcal
Protein	11.4g
Carbs	14g
of which sugars	5g
Fibre	2.3g
Fat	7g
of which saturated	1.9g
Sodium	197mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
3 Days