



UCCOOK

Honey Chicken, Olive & Jalapeño Pizza

with toasted almonds

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Niñída | Sauvignon Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 611kJ | 4281kJ |
| Energy | 146kcal | 1024kcal |
| Protein | 9.3g | 65.5g |
| Carbs | 16g | 113g |
| of which sugars | 4.7g | 33.2g |
| Fibre | 2g | 14g |
| Fat | 4.2g | 29.4g |
| of which saturated | 1.4g | 9.7g |
| Sodium | 234mg | 1643mg |

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 45g | 60g | Almonds |
| 3 | 4 | Free-range Chicken Breasts <i>pat dry & cut into 1cm strips</i> |
| 2 | 2 | Onions <i>peel & finely slice 1½ [2]</i> |
| 300ml | 400ml | Tomato Passata |
| 30ml | 40ml | NOMU Italian Rub |
| 60g | 80g | Mixed Olives <i>(30g [40g] Pitted Kalamata Olives & 30g [40g] Pitted Green Olives)</i> |
| 3 | 4 | Pizza Bases |
| 30ml | 40ml | Honey |
| 60g | 80g | Sliced Pickled Jalapeños <i>drain & roughly chop</i> |
| 150g | 200g | Grated Mozzarella Cheese |
| 30g | 40g | Green Leaves <i>rinse</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

1. POPPIN' RECIPE Preheat the oven to 200°C. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. SHREDDED CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and place in a bowl. Shred with two forks, season, and set aside.

3. SWEET ONION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

4. ALL ABOUT THE TOMATO BASE In a small bowl, combine the tomato passata, the NOMU rub, and seasoning. Drain and roughly slice the mixed olives. Set both aside.

5. INTO THE OVEN Remove the pizza bases from the freezer. Spread the tomato sauce over the pizza base. Carefully slide the base directly onto the oven rack and cook until the base is crispy, 7-10 minutes.

6. ADD SOME TOPPINGS In the final 3-4 minutes, remove the pizzas from the oven and top with the chicken, the caramelised onion, and the olives. Drizzle generously with the honey. Scatter over the jalapeños and the cheese. Return to the oven for the remaining time until the cheese is melted.

7. PIZZA NIGHT! Garnish the chicken & jalapeño pizza with the toasted nuts and the green leaves. Finish it off with a crack of black pepper and a pinch of salt. Grab a slice, Chef!