

# UCCOOK

## Baby Marrow & Smoked Chicken Bowl

with Danish-style feta, crispy onion bits & chermoula

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	741kJ	4514kJ
Energy	177kcal	1079kcal
Protein	7.2g	44g
Carbs	16g	96g
of which sugars	1.6g	10g
Fibre	5.4g	32.7g
Fat	10.4g	63.4g
of which saturated	2.5g	15.3g
Sodium	263mg	1602mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Bulgar Wheat
100g	200g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces</i>
60g	120g	Tinned Lentils <i>drain &amp; rinse</i>
15ml	30ml	Pesto Princess Chermoula Paste
1	1	Avocado <i>cut in half &amp; roughly dice ½ [1]</i>
15ml	30ml	Lemon Juice
1	2	Smoked Chicken Breast/s <i>cut into bite-sized pieces</i>
20g	40g	Danish-style Feta <i>drain</i>
10ml	20ml	Crispy Onion Bits
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

**1. BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

**2. LENTILS & MARROWS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the baby marrows and the lentils until lightly crispy, 6-8 minutes (shifting occasionally). Mix in the chermoula until warmed through, 1-2 minutes. Remove from the heat.

**3. ALL TOGETHER** To a bowl, add the avo, the lemon juice (to taste) and seasoning. Toss it all together. In another (large) bowl, combine the bulgur, the chermoula veggies, the chicken, and seasoning.

**4. TIME TO EAT** Bowl up the warm salad, scatter over the lemony-avocado, the feta, the crispy onion bits, and garnish with the parsley. Well done, Chef!