



# 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.

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**Hands-on Time:** 35 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 **Quick & Easy**

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 **Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc 2021**

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## Ingredients & Prep

|      |                                                                              |
|------|------------------------------------------------------------------------------|
| 400g | Baby Marrow<br><i>rinsed, trimmed &amp; sliced<br/>into 1cm thick strips</i> |
| 2    | Garlic Cloves                                                                |
| 160g | Pitted Kalamata Olives                                                       |
| 40g  | Capers                                                                       |
| 60ml | Lemon Juice                                                                  |
| 4    | Free-range Chicken<br>Breasts                                                |
| 480g | Chickpeas                                                                    |
| 100g | Danish-style Feta                                                            |
| 15g  | Fresh Parsley                                                                |
| 2    | Green Bell Peppers                                                           |
| 200g | 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  $\frac{1}{2}$  the drained olives. Roughly chop the drained capers and remaining olives. Place the chopped capers and the chopped olives in a bowl. Add a  $\frac{1}{4}$  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 the green peppers. Roughly dice the cucumber and 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,  $\frac{1}{2}$  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