



UCCOOK

Middle Eastern Chicken Mince Bowl

with baby tomatoes & red pepper hummus

Hands-on Time: 20 minutes

Overall Time: 30 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	351kj	2044kj
Energy	84kcal	489kcal
Protein	6.5g	38g
Carbs	6g	36g
of which sugars	2g	9g
Fibre	2g	12g
Fat	3.3g	19.2g
of which saturated	0.8g	4.9g
Sodium	143.6mg	836.5mg

Allergens: Allium, Sesame, Sulphites

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Chickpeas <i>drain & rinse</i>
50g	100g	Kale <i>rinse & roughly shred</i>
150g	300g	Free-range Chicken Mince
1	1	Onion <i>peel & finely slice ½ [1]</i>
10ml	20ml	NOMU Moroccan Rub
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
10ml	20ml	Lemon Juice
50ml	100ml	Red Pepper Hummus

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water

1. CHICKPEAS & KALE Place a pan (with a lid) over medium-high heat and lightly spray with cooking spray. When hot, toast the chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Mix in the kale and fry until wilted, 3-5 minutes. Remove from the pan and season.

2. MMMINCE Return the pan to medium-high heat and lightly spray with cooking spray. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally). Add the onion and fry until lightly golden, 4-5 minutes. Mix in the NOMU rub and fry until fragrant, 30-60 seconds.

3. JUST BEFORE SERVING In a bowl, combine the tomatoes with the cucumber, the lemon juice (to taste) and season.

4. DINNER IS READY Dish up the chickpeas & kale, side with the mince, the tomato & cucumber mix, and dollop over the hummus. Well done, Chef!