



UCCOOK

Cajun Chicken Hummus Bowl

with dukkah spice & pickled onions

Hands-on Time: 40 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	376kJ	1764kJ
Energy	90kcal	422kcal
Protein	9.2g	43.1g
Carbs	5g	23g
of which sugars	2g	8g
Fibre	2g	8g
Fat	3.6g	16.9g
of which saturated	0.8g	3.9g
Sodium	313.4mg	1468mg

Allergens: Allium, Sesame, Peanuts, Sulphites, Tree Nuts

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU Cajun Rub
300g	400g	Baby Tomatoes <i>rinse</i>
90g	120g	Pickled Onions <i>drain & finely slice</i>
90g	120g	Pitted Kalamata Olives <i>drain & halve</i>
60g	80g	Green Leaves <i>rinse</i>
150ml	200ml	Red Wine Vinegar
240ml	320ml	Hummus
15ml	20ml	Old Stone Mill Dukkah Spice

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. SOME PREP Pat the chicken dry with paper towel, cut into 1cm chunks, coat with the NOMU rub, and season.

2. VEGGIES Place a pan over medium-high heat and lightly add cooking spray. When hot, fry the tomatoes and the ½ onion until charred, 5-6 minutes (shifting occasionally). Remove from the pan and add seasoning.

3. CHICKEN Return the pan to medium-high heat with more cooking spray if necessary. Fry the chicken until cooked through, 2-3 minutes (shifting as they colour). Remove from the pan.

4. JUST BEFORE SERVING Combine the green leaves with the remaining onion (to taste), the olives and the vinegar (to taste). Toss to coat and season.

5. DINNER IS READY Smear the hummus in a bowl, top with the Cajun chicken, side with the charred veggies, and the pickled onion salad. Finish with a sprinkle of the dukkah and dig in, Chef!