



UCOOK

Middle Eastern Chicken Strips

with sumac sweet potato wedges & a lemon hummus drizzle


Egyptian dukkah makes for a crunchy coating for tender, grilled chicken strips and a perfect flavour partner for sumac-spiced sweet potato – all doused in a lemon & hummus dressing.


Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Klaudia Weixelbaumer

 Fan Faves

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
5ml	Sumac Spice
30ml	Hummus
1	Lemon <i>½ cut into wedges</i>
80g	Green Beans <i>rinsed, trimmed & sliced in half</i>
4g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
40g	Danish-style Feta <i>drained & crumbled</i>
150g	Free-range Chicken Mini Fillets
40ml	Dukkah

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. SUMAC SWEET POTATO Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up. At the halfway mark, give them a shift and sprinkle over the sumac. Return to the oven for the remaining roasting time.

2. LEMONY-HUMMUS In a bowl, combine the hummus, a squeeze of lemon juice, and seasoning. Loosen with water in 5ml increments until drizzling consistency.

3. MINTY GREENS Place a pan over a medium-high heat with a drizzle of oil. Once hot, add the sliced green beans and fry for 4-6 minutes until browned, shifting occasionally. On completion, place in a bowl with ½ of the sliced mint, the crumbled feta, and seasoning. Toss until combined. Set aside.

4. GET THAT CHICKY GOLDEN Pat the chicken dry with some paper towel and toss with a drizzle of oil, then lightly coat in the dukkah. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the coated chicken pieces for 1-2 minutes per side or until cooked through and crisping up. In the final 30-60 seconds, add any remaining crumb. Remove from the pan on completion, season and allow to rest for 3 minutes before serving.

5. AROMAS OF THE MIDDLE EAST Plate up the sumac sweet potatoes and the minty green salad alongside the dukkah-crusted chicken. Drizzle over the lemony-hummus and garnish with a sprinkle of the remaining mint. Serve with any remaining lemon wedges. Wow!

Nutritional Information

Per 100g

Energy	486kJ
Energy	116kcal
Protein	8.4g
Carbs	10g
of which sugars	3.3g
Fibre	2.3g
Fat	4.6g
of which saturated	1.6g
Sodium	203mg

Allergens

Dairy, Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days