



# UCCOOK

## Cajun Chicken Hummus Bowl

with dukkah spice & pickled onions

**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             | 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 1 | [Serves 2] |  |
|----------|------------|--|
| 1        | 2          | Free-range Chicken Breast/s                        |
| 5ml      | 10ml       | NOMU Cajun Rub                                     |
| 100g     | 200g       | Baby Tomatoes<br><i>rinse</i>                      |
| 30g      | 60g        | Pickled Onions<br><i>drain &amp; finely slice</i>  |
| 30g      | 60g        | Pitted Kalamata Olives<br><i>drain &amp; halve</i> |
| 20g      | 40g        | Green Leaves<br><i>rinse</i>                       |
| 50ml     | 100ml      | Red Wine Vinegar                                   |
| 80ml     | 160ml      | Hummus   |
| 5ml      | 10ml       | 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!