



UCOOK

Greek Lentil Chicken Bowl

with Danish-style feta & a yoghurt drizzle

A big, flavourful Greek wedding of tastes & textures! This dish marries crispy lentils, pops of golden chickpeas, juicy sliced chicken, briny olives & creamy crumbled feta, and ties the knot with a drizzle of dill-infused yoghurt. Your answer will definitely be, 'I do' when asked if you want seconds, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jade Summers

Carb Conscious

Muratie Wine Estate | Muratie Laurens
Campher White Blend 2021

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Ingredients & Prep

60g	Chickpeas <i>drain & rinse</i>
60g	Tinned Lentils <i>drain & rinse</i>
80g	Baby Tomatoes <i>rinse & cut into quarters</i>
1	Onion <i>peel & finely slice ¼</i>
50g	Cucumber <i>rinse & slice into thin rounds</i>
25g	Pitted Kalamata Olives <i>drain & roughly chop</i>
10ml	Lemon Juice
1	Free-range Chicken Breast
5ml	NOMU One For All Rub
50ml	Low Fat Plain Yoghurt
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the drained chickpeas and the drained lentils on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes.

2. MIX IT UP To a bowl, add the quartered tomatoes, the sliced onion (to taste), the cucumber rounds, the chopped olives, the lemon juice, and seasoning.

3. FRY THE CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat in the NOMU rub. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. ALMOST THERE..... In a small bowl, combine the yoghurt and ¾ of the chopped dill. Loosen with 10ml of water.

5. IT'S THAT TIME Dish up the loaded tomato salad. Top with the crispy chickpeas & lentils and the sliced chicken. Drizzle over the yoghurt, and crumble over the feta. Garnish with the remaining dill.



Chef's Tip

Air fryer method: Coat the drained chickpeas and the drained lentils in oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	423kj
Energy	101kcal
Protein	9.1g
Carbs	9g
of which sugars	1.9g
Fibre	2.7g
Fat	2.8g
of which saturated	1.1g
Sodium	124mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days