



UCOOK

Crispy Cumin Coated Chicken

with pumpkin chunks, chickpea salsa & sultanas

Lush, crispy, cumin-coated chicken pieces sit alongside chunky pumpkin. A spicy chickpea salsa with sweet pops of golden sultanas and a zip of fried garlic elevates this wholesomely chic dish to a whole new level. Quick and easy, simple and tasty!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Kate Gomba

♥ Health Nut

🍷 Haute Cabrière | Chardonnay Pinot Noir

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

8	Free-range Chicken Pieces
20ml	Ground Cumin
1kg	Pumpkin Chunks <i>rinsed & cut into bite-sized chunks</i>
480g	Chickpeas <i>drained & rinsed</i>
4	Garlic Cloves <i>peeled & grated</i>
40g	Golden Sultanas <i>roughly chopped</i>
1	Onion <i>peeled & finely diced</i>
320g	Baby Tomatoes <i>quartered</i>
20g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
2	Fresh Chilliea <i>deseeded & finely chopped</i>
80ml	White Wine Vinegar

From Your Kitchen

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

1. START Preheat the oven to 200°C. Place the chicken pieces on a roasting tray. Pat dry with some paper towel, toss with the cumin and oil, and season. Place the pumpkin pieces on a separate roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 35-40 minutes until cooked through and starting to crisp.

2. CRISPY CHICKPEAS Place a large pan over a medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 15-20 minutes until crispy and golden in colour. For the best result, only shift occasionally. If they start to pop out, use a lid to rein them in! In the final 1-2 minutes, add the grated garlic, chopped sultanas, and fry for 1-2 minutes until fragrant, shifting constantly.

3. SPICY SALSA Place the crispy chickpeas mixture in a bowl. Add the diced onion to taste, baby tomatoes, and ½ of the chopped coriander. Toss through sliced chilli, white wine vinegar, and seasoning — all to taste!

4. DELICIOUS DINNER Plate up the pumpkin alongside the chicken and chickpea salsa. Garnish with the remaining coriander. Well done, Chef!



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	515kj
Energy	123Kcal
Protein	7.3g
Carbs	16g
of which sugars	3.4g
Fibre	3.6g
Fat	2.9g
of which saturated	0.7g
Sodium	18mg

Allergens

Allium, Sulphites

Cook
within 3
Days