



UCOOK

Chimichurri Chicken Kebabs & Soda Bread

with a tomato & bocconcini salad

Tender chicken strips are coated in a zesty chimichurri-yoghurt sauce before being threaded onto skewers and roasted to perfection. Paired with a homemade rustic buttermilk soda bread, and sided with a vibrant tomato & bocconcini salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Morgan Otten

Adventurous Foodie

Creation Wines | Creation Sauvignon
Blanc/Semillon

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Ingredients & Prep

260ml	Herbed Flour <i>(250ml Cake Flour & 10ml NOMU Spanish Rub)</i>
2,5ml	Bicarbonate of Soda
125ml	Buttermilk
3	Wooden Skewers
30ml	Pesto Princess Chimichurri Sauce
40ml	Greek Yoghurt
10ml	Lemon Juice
1	Free-range Chicken Breast <i>pat dry & cut into 1-2cm thick strips</i>
10ml	NOMU Poultry Rub
80g	Baby Tomatoes <i>rinse & cut in half</i>
3	Bocconcini Balls <i>drain & cut into quarters</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. START THE SODA BREAD Preheat the oven to 220°C. Lightly grease and flour a cake tin. In a large bowl, combine the herbed flour, the bicarb, and a pinch of salt. Add the buttermilk and mix until it forms a sticky dough. (Mix until just combined - don't overmix!) Add an extra splash of water if the dough is not coming together. Place on a floured surface and shape into a round, flat ball big enough for the greased tin. (You don't need to knead the dough!) Place into the greased tin and cut a deep cross in the top of the dough with a sharp knife. Pop in the hot oven and bake until browned and cooked through, 25-30 minutes.

2. SOAK THE SKEWERS Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes (this prevents them from burning).

3. CHIMICHURRI In a bowl, combine the chimichurri sauce with the yoghurt, ½ the lemon juice (to taste), seasoning, and water in 5ml increments until drizzling consistency. Set aside.

4. CHICKEN KEBABS Thread the chicken strips onto each skewer, making sure that they are secure. Repeat, filling up each skewer, until all the skewers are full. Coat in oil, the NOMU rub, and seasoning. Place onto a roasting tray and roast in the hot oven until cooked through, 8-10 minutes (turning halfway). Baste with some of the chimichurri sauce in the final 1-2 minutes.

5. SIDE SALAD To a salad bowl, add the halved baby tomatoes. Toss with the bocconcini quarters, ½ the chopped parsley, the remaining lemon juice (to taste), seasoning, and a drizzle of olive oil. Set aside.

6. GOOD TO GO Plate up the chicken kebabs and drizzle with the remaining chimichurri sauce. Garnish with the remaining chopped parsley. Serve the tomato & bocconcini salad on the side with the soda bread. Serve any remaining chimichurri sauce on the side for dunking.

Nutritional Information

Per 100g

Energy	667kJ
Energy	159kcal
Protein	10.4g
Carbs	18g
of which sugars	1.4g
Fibre	1.5g
Fat	4.6g
of which saturated	1.9g
Sodium	291mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days