

UCCOOK

Saucy BBQ Chicken Flatbread

with avocado, jalapeño & Danish-style feta

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 701kj | 4669kj |
| Energy | 168kcal | 1117kcal |
| Protein | 8g | 53.6g |
| Carbs | 15g | 99g |
| of which sugars | 4g | 26.5g |
| Fibre | 3g | 20g |
| Fat | 8.7g | 58g |
| of which saturated | 2.1g | 13.8g |
| Sodium | 237mg | 1580mg |

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

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 225g | 300g | Sliced Onions |
| 450g | 600g | Free-range Chicken Mini Fillets |
| 22,5ml | 30ml | NOMU BBQ Rub |
| 150ml | 200ml | The Sauce Queen Smokey BBQ Sauce |
| 3 | 4 | Pita Flatbreads |
| 90ml | 125ml | Sour Cream |
| 2 | 2 | Avocados <i>cut in half & thinly slice 1½ [2]</i> |
| 60g | 80g | Danish-style Feta <i>drain</i> |
| 30g | 40g | Sliced Pickled Jalapeños <i>drain & roughly chop</i> |
| 15g | 20g | Crispy Onion Bits |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. ONION Place a pan over medium heat with a drizzle of oil. Fry the onion until golden, 6-7 minutes (shifting occasionally). Season, remove from the pan and set aside.

2. CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Coat with the NOMU rub, and season. Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the heat, mix in the BBQ sauce, the onion, and remove from the pan.

3. FLATBREAD & SOME PREP Place a clean pan over medium heat. When hot, toast the pitas until heated through, 1-2 minutes per side. Loosen the sour cream with water in 5ml increments until drizzling consistency.

4. TIME TO EAT Top the flatbreads with the chicken mixture, and the avocado slices and drizzle over the sour cream. Crumble over the feta, scatter over the jalapeños (to taste), sprinkle over the crispy onion bits, and cut into slices. Dig in, Chef.