



UCOOK

Mediterranean Chicken Mezze Platter

with mushrooms, hummus & pita bread

A mini mezze platter for dinner! What could be better? Pan-fried baby tomatoes and mushrooms, creamy feta, tangy pickled peppers, soft pita breads, light tzatziki, smooth hummus and the juiciest chicken mince make up this delectable plate of tasty delights!


Hands-On Time: 10 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Quick & Easy

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

125g	Button Mushrooms <i>wiped clean & halved</i>
80g	Baby Tomatoes <i>halved</i>
1	Whole Wheat Pita Bread
150g	Free-range Chicken Mince
5ml	NOMU Provençal Rub
4g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
10g	Pickled Bell Peppers <i>drained & roughly chopped</i>
20g	Danish-style Feta <i>drained</i>
65ml	Tzatziki
65ml	Hummus

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. BEAUTIFUL & BLISTERED Preheat the oven to 200°C. Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the halved mushrooms and tomatoes and fry for 3-5 minutes until golden and starting to blister, shifting occasionally. In the final minute, add a sweetener of choice (to taste) and some seasoning. Remove from the pan on completion and cover to keep warm.

2. TOASTY PITAS Quarter the pita bread and place on a baking tray. Pop in the hot oven for 3-4 minutes until heated through and starting to crisp.

3. MINCE CITY Return the pan to a high heat with a drizzle of oil and a knob of butter (optional). When hot, add the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 3-4 minutes until browned, stirring occasionally. In the final minute, add the rub, ½ the chopped oregano, and some seasoning. Cover to keep warm.

4. FEELIN' FRESH In a bowl, add the rinsed green leaves, the chopped peppers, a drizzle of oil, and seasoning. Crumble in the drained feta and toss until fully combined.

5. A-MEZZE-ING! Plate up the herby chicken mince alongside the tomato and mushroom mix, the pepper salad, the pita triangles, the tzatziki, and the hummus. Sprinkle over the remaining oregano. A mini mezze platter all for you! Opa, Chef!

Nutritional Information

Per 100g

Energy	512kJ
Energy	122Kcal
Protein	8.4g
Carbs	12g
of which sugars	1.5g
Fibre	1.9g
Fat	4.3g
of which saturated	1.5g
Sodium	270mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 2
Days