



UCCOOK

Mediterranean Chicken & Millet

with salad leaves & sour cream

Millet has been grown in Africa for the past 10 000 years. That's why it has so many local names: uphoko, nyalothi, ntweka, babala, muvhoho, or amabele to name a few. This gorgeous grain will be loaded with cucumber, basil, onion & lemon juice, then topped with chicken slices and completed with a zesty sour cream drizzle. Mzansi meets the Mediterranean, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jade Summers

 Simple & Save

 Neil Ellis Wines | Neil Ellis Wild Flower Rosé 2023

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Ingredients & Prep

75ml	Millet
1	Onion <i>peel & roughly slice ½</i>
1	Free-range Chicken Breast
5ml	NOMU Poultry Rub
50g	Cucumber <i>rinse & roughly dice</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
15ml	Lemon Juice
3g	Fresh Basil <i>rinse, pick & roughly tear</i>
30ml	Sour Cream

From Your Kitchen

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

1. MAKE THE MILLET Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

2. CARAMELISED ONIONS Place a pan (with a lid) over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

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

4. LOAD WITH FLAVOUR When the millet has cooled down, add the caramelised onion, the diced cucumber, the shredded leaves, ½ the lemon juice, ½ the torn basil, and seasoning. In a separate bowl, combine the sour cream, the remaining lemon juice, seasoning, and water in 5ml increments until drizzling consistency.

5. YES, YOU'RE DONE! Plate up the loaded millet salad, top with the grilled chicken slices, and drizzle over the sour cream dressing. Garnish with the remaining basil. Enjoy!

Nutritional Information

Per 100g

Energy	556kj
Energy	133kcal
Protein	10.9g
Carbs	15g
of which sugars	1.5g
Fibre	2g
Fat	3.2g
of which saturated	1g
Sodium	62mg

Allergens

Allium, Cow's Milk

Cook
within 3
Days