



UCOOK

Honey Walnut & Chicken Salad

with dried pomegranate gems & Danish-style feta

You've probably had many chicken salads in your life, Chef, but never a life-changing one like this! A walnut & pumpkin seed brittle is one of the many surprising elements of this salad. Paired with pops of pomegranate gems, roasted pumpkin, a zesty sumac dressing, fresh parsley, creamy crumbly feta, and golden chicken slices.

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Samantha du Toit

Carb Conscious

Bertha Wines | Bertha Rosé

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Ingredients & Prep

40g	Walnuts <i>roughly chop</i>
20g	Pumpkin Seeds
40ml	Honey
1kg	Pumpkin Chunks <i>cut into bite-sized pieces</i>
40ml	Lemon Juice
20ml	Sumac Spice
80g	Salad Leaves <i>rinse</i>
10g	Fresh Parsley <i>rinse, pick & finely chop</i>
60g	Dried Pomegranate Gems
4	Free-range Chicken Breasts
20ml	NOMU Roast Rub
160g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. NUT & SEED BRITTLE Preheat the oven to 200°C. Place the chopped walnuts and the pumpkin seeds in a pan over medium heat. Toast until turning brown, 2-4 minutes (shifting occasionally). Add 40g of butter and the honey. Allow to caramelize, 2-3 minutes. Try not to let it over-boil or it will burn. Once golden in colour and the bubbles subside, pour into a greased tray and place in the fridge to cool. Break into bite-sized pieces just before serving.

2. ROASTED PUMPKIN Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

3. SUMAC DRESSING In a bowl, combine the lemon juice, the sumac spice, and 60ml of olive oil. In a salad bowl, combine the rinsed salad leaves, ½ the chopped parsley, and ½ the pomegranate gems. Toss through ½ the sumac dressing and set aside.

4. GOLDEN CHICKEN Place a pan (with a lid) over 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 the NOMU rub and a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SENSATIONAL SALAD Make a bed of the dressed salad. Top with the roasted pumpkin and the chicken slices. Scatter over the remaining pomegranates and the brittle. Crumble over the drained feta and garnish with the remaining parsley. Drizzle over the remaining sumac dressing.



Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	375kJ
Energy	90kcal
Protein	8.3g
Carbs	8g
of which sugars	4.2g
Fibre	1.8g
Fat	2.6g
of which saturated	0.5g
Sodium	70mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days