

UCCOOK

Chicken & Creamy Green Sauce

with charred baby marrow & crispy chickpeas

Hands-on Time: 20 minutes

Overall Time: 35 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	339kJ	2026kJ
Energy	81kcal	485kcal
Protein	8.7g	51.7g
Carbs	7g	44g
of which sugars	2g	14g
Fibre	2g	12g
Fat	1.4g	8.5g
of which saturated	0.5g	2.9g
Sodium	60.6mg	361.4mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Chickpeas <i>drain & rinse</i>
1	1	Onion <i>peel & cut into thick wedges</i>
100g	200g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	NOMU Roast Rub
50g	100g	Peas
1	1	Garlic Clove <i>peel & grate</i>
50ml	100ml	Greek Yoghurt
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Blender (optional)

1. CHICK & ONION Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chickpeas and onion until crispy and golden, 8-10 minutes (shifting occasionally). If the chickpeas start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively: Air fry at 200°C until cooked through and crispy, 15-20 minutes (shifting halfway).

2. MARROWS Return the pan to medium-high heat with a drizzle of oil if necessary. When hot, fry the baby marrow until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and season.

3. CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. During the final 30-60 seconds, spice the chicken with the NOMU rub. Remove from the pan, season, and set aside.

4. CREAMY GREEN SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the peas and the garlic until fragrant, 1-2 minutes. Remove from the pan and add to the blender along with the yoghurt and 2 [4] tbsp of water. Pulse until a smooth sauce. Remove from the blender, season, and set aside. Alternatively: Add the garlicky peas and the yoghurt to a bowl. Mash with a fork or a potato masher until combined. Loosen with 2 [4] tbsp of water, mix to combine and season.

5. DINNER IS SERVED Combine the leaves with the chickpeas & onions. Make a bed of the green sauce, top with the loaded chickpeas, the baby marrow pieces, and the chicken. Well done, Chef!

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.