



UCOOK

Moroccan Chicken & Chermoula Salsa

with baby tomatoes, roasted butternut & black olives

The wow-factor in this mouthwatering Moroccan-inspired dish is the sensational salsa: charred sweet corn, pickled onion & roasted butternut are coated in a Pesto Princess Chermoula Paste. Served with a colourful feta, crisp greens, tangy tomato, & black olive salad and NOMU-spiced chicken.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

600g	Butternut Chunks
150g	Corn
90ml	Pesto Princess Chermoula Paste
60g	Pickled Onions <i>drain & roughly chop</i>
240g	Baby Tomatoes <i>rinse & cut in half</i>
60g	Green Leaves <i>rinse & roughly shred</i>
60g	Pitted Black Olives <i>drain & roughly slice</i>
60g	Danish-style Feta <i>drain</i>
3	Free-range Chicken Breasts
15ml	NOMU Moroccan Rub

From Your Kitchen

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

1. BUTTERNUT Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CORN SALSA & SALAD Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, combine the charred corn, the chermoula, the chopped onion, and seasoning. In a salad bowl, add the rinsed tomatoes, the shredded leaves, the sliced olives, the drained feta, a drizzle of olive oil, and season.

3. CHICKEN Return the pan (with a lid) 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, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 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. DINNER IS READY Dish up the roasted butternut, serve alongside the corn salsa and the sliced chicken. Enjoy, Chef!



Chef's Tip

Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	431kJ
Energy	99kcal
Protein	7.8g
Carbs	7g
of which sugars	1.8g
Fibre	1.7g
Fat	3.9g
of which saturated	1g
Sodium	164mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days