



# UCOOK

## Greek Chicken & Millet

with Danish-style feta & fresh oregano

This dish brings nutty millet as the base, loaded with the winning taste of onion, cucumber & creamy feta. Topped with delicious golden chicken. Fresh oregano completes this classic meal.

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Simple & Save

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## Ingredients & Prep

225ml	Millet
6	Free-range Chicken Pieces
15ml	NOMU One For All Rub
150g	Cucumber <i>rinse &amp; roughly dice</i>
1	Onion <i>peel &amp; finely dice ¾</i>
30ml	Lemon Juice
8g	Fresh Oregano <i>rinse, pick &amp; roughly chop</i>
60g	Danish-style Feta <i>drain &amp; crumble</i>

## From Your Kitchen

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

**1. MILLET** Place the millet in a pot over medium heat. Toast until fragrant, 2-4 minutes (shifting occasionally). Add 450ml 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. TASTY CHICKEN** Pat the chicken dry with paper towel and season. Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the chicken on one side until browned, 4-6 minutes. Flip, cover with the lid, and fry until cooked through, 12-15 minutes. In the final 1-2 minutes, remove the lid and baste with a knob of butter (optional) and the NOMU rub.

**3. BOWL OF GREEK GOODNESS** To the cooked millet, add the diced cucumber, the diced onion (to taste), the lemon juice (to taste), ½ the chopped oregano, the crumbled feta, a drizzle of olive oil, and seasoning. Toss until combined.

**4. OPA!** Plate up the loaded Greek millet. Top with the chicken and sprinkle over the remaining oregano. Great work, Chef!



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	658kJ
Energy	157kcal
Protein	11.3g
Carbs	12g
of which sugars	1.8g
Fibre	1.6g
Fat	6.8g
of which saturated	2.1g
Sodium	96mg

## Allergens

Allium, Cow's Milk

Eat  
Within  
3 Days