



U C O O K

— COOKING MADE EASY

Tahini-Honey Grilled Chicken

with roast butternut and chickpeas, pumpkin seeds & pitted dates

This oven-roasted chicken breast is dressed to impress in a marinade of Oriental spices and drizzles of tangy tahini dressing. Crunchy chickpeas, a leafy cucumber salad, and the unrefined sweetness of dates make this a culinary class act.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Runet Van Heerden

 **Easy Peasy**

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Ingredients & Prep

250g	Butternut <i>peeled & cut into bite-size chunks</i>
60g	Chickpeas <i>drained & rinsed</i>
1	Free-Range Chicken Breast (skin on)
7.5ml	NOMU Oriental Rub
50ml	Tahini-Honey Dressing
10g	Pumpkin Seeds
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>sliced into half-moons</i>
20g	Pitted Dates <i>roughly chopped</i>

From Your Kitchen

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

1. ROAST THE BUTTERNUT Preheat the oven to 200°C. Spread out the butternut chunks on a roasting tray, coat in oil, and season to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up.

2. CHICKPEA & CHICKEN PREP Place the drained chickpeas in a bowl with a drizzle of oil and some seasoning. Toss to coat and set aside for step 4. Pat the chicken breast dry with some paper towel and place in a bowl. Coat in oil and the Oriental Rub (to taste) and set aside to marinate. Place the tahini-honey dressing in a bowl and combine with 1 tsp of olive oil. Gradually add lukewarm water in 5ml increments until drizzling consistency. Set aside for serving.

3. TOAST THE SEEDS & ASSEMBLE THE SALAD Place a pan (that has a lid) over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool. Toss the cucumber half-moons with the rinsed salad leaves and set aside for serving.

4. CRISP THOSE CHICKPEAS When the butternut reaches the halfway mark, remove from the oven and give it a shift. Scatter over the dressed chickpeas and spread out in a single layer. Return to the oven for the remaining roasting time until crispy.

5. GRILL THE CHICKEN Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken breast skin-side down for 5-7 minutes until crispy. Flip the breast, pop on the lid, and fry for a further 5-7 minutes until cooked through and golden. Remove from the heat on completion and set aside to rest in the pan for 5 minutes before slicing.

6. AROMAS OF THE EAST Dish up some crisped butternut and chickpeas, and top with the chicken slices. Side with the fresh salad and drizzle the tahini-honey dressing over everything! Finish off with sprinklings of toasted pumpkin seeds and chopped dates. It's supptime...



Chef's Tip

Butternut contains high levels of vitamin C, vitamin E, and beta-carotene – all antioxidants that reduce inflammation and cell damage. Butternut is delicious in roasts, salads, curries, or soups. You can even grate it and make naturally sweet fritters!

Nutritional Information

Per 100g

Energy	594kJ
Energy	142Kcal
Protein	7.9g
Carbs	13g
of which sugars	5.6g
Fibre	2.6g
Fat	6g
of which saturated	1.2g
Sodium	85mg

Allergens

Allium, Sesame, Sulphites

Cook
within 3
Days