



UCOOK

Golden Chicken & Red Hummus

with roasted pumpkin, red onion & pecan nuts

When you've had a long day at the office, but still want to sit down with a satisfying plate of home-cooked food - save this recipe! Golden roast chicken pieces with a side of roasted pumpkin chunks & onion wedges, plus a fresh salad. Serve with red pepper hummus and you're done!

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Nell

 Fan Faves

 Simonsig | Die Kluisenaar White Blend

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Ingredients & Prep

2	Free-range Chicken Pieces
250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
1	Red Onion <i>½ peeled & cut into thick wedges</i>
10ml	NOMU Roast Rub
1	Tomato
20g	Salad Leaves
50g	Cucumber
30ml	Red Pepper Hummus
15ml	White Wine Vinegar
10g	Pecan Nuts <i>roughly chopped</i>

From Your Kitchen

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

1. CRISPY VEGGIES Preheat the oven to 200°C. Pat the chicken dry with paper towel and place on a roasting tray along with the pumpkin pieces and the onion wedges. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. GET SOME PREP DONE Thinly slice the tomato and season. Rinse the salad leaves. Cut the cucumber into rounds. Loosen the hummus with water in 5ml increments until drizzling consistency. Season.

3. IT'S THE SIMPLE THINGS In a salad bowl, combine the vinegar, a drizzle of oil, seasoning, the rinsed salad leaves, the tomato slices, the cucumber rounds, and the chopped pecans.

4. AND DINNER IS DONE! Plate up the roasted vegetables alongside the golden chicken and the fresh salad. Serve with the loosened red pepper hummus on the side for dunking. Easy peasy, Chef!



Chef's Tip

Air-fryer method: Coat the chicken and veg in oil, seasoning, and the NOMU rub. Air fry at 200°C until crispy, 15-20 minutes (flipping halfway).

Nutritional Information

Per 100g

Energy	396kJ
Energy	95kcal
Protein	7.3g
Carbs	6g
of which sugars	2.3g
Fibre	1.5g
Fat	4.9g
of which saturated	1.2g
Sodium	100mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within 2
Days