



# UCOOK

## Cajun Chicken & Charred Zucchini

with an apple salad


Whether you call it zucchini (Italian origin), courgette (inspired by French), or baby marrow (uniquely South African), this ingredient will feature in your meal today, Chef. Covered in spicy paprika and lightly charred, this versatile vegetable will share a plate with NOMU Cajun Rub-spiced chicken, a zesty apple salad with pops of toasted pumpkin seeds and a sour cream drizzle.


**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Serves:** 3 People

**Chef:** Suné van Zyl

 Carb Conscious

 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

---

15g	Pumpkin Seeds
3	Free-range Chicken Breasts
22,5ml	NOMU Cajun Rub
450g	Baby Marrow <i>rinse, trim &amp; cut into chunks</i>
15ml	Ground Paprika
2	Apples <i>rinse</i>
30ml	Lemon Juice
60g	Salad Leaves
90ml	Sour Cream

## From Your Kitchen

---

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. CAJUN CHICKEN** Return the pan 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, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 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.

**3. ZUCCHINI** Return the pan, wiped down, to medium heat with a drizzle of oil. Coat the baby marrow chunks with the paprika. When hot, fry the chunks until lightly charred and cooked through, 2-3 minutes per side. Remove from the heat and season.

**4. SALAD** Cut 1½ of the apples into small cubes. In a salad bowl, combine the lemon juice with 3 tbsp of olive oil, seasoning, and a sweetener. Toss through the apple pieces and the shredded salad leaves. In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency.

**5. TIME TO EAT** Plate up the baby marrow. Side with the loaded apple salad and the cajun chicken slices. Drizzle over the sour cream and sprinkle the toasted pumpkin seeds over the salad. Dig in, Chef!

## Nutritional Information

---

Per 100g

Energy	301kJ
Energy	72kcal
Protein	7.6g
Carbs	7g
of which sugars	4.5g
Fibre	1.6g
Fat	1.7g
of which saturated	0.6g
Sodium	87mg

---

## Allergens

Allium, Cow's Milk

Cook  
within 3  
Days